

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

OCTOBER 2024

Many Factors Contribute to Childhood Obesity

Childhood obesity is more complicated than eating too much candy or not getting enough exercise. It is a complex disease with many contributing factors, including genetics, eating patterns, sleep routines, physical activity and even location.

[Deana Hildebrand](#), Community Health Program leader for [Oklahoma State University Extension](#), said one in five American children have obesity.

“The United States has the highest level of childhood obesity than any other country in the world,” Hildebrand said. “Children with obesity are at higher risk for health problems such as asthma, type 2 diabetes, sleep apnea, bone and joint issues, as well as risk factors for heart disease such as high blood pressure.”

Each day people make choices that impact their health. While these choices are often framed as personal responsibility, they’re more often influenced by local and unique community and social conditions or stressors outside of personal control. Hildebrand said stressors may include low access to affordable and healthy foods, few opportunities for physical activity and dwindling healthcare options.

“When community and social stressors go unaddressed, health disparities that often describe Oklahoma, create a spiral of detrimental health outcomes,” she said.

Oklahoma’s overall health ranking in 2019 was 46th in the United States. Nearly one in three children in Oklahoma live in households that can’t always afford to eat good, nutritious meals, and 19% of the state’s youngest population is food insecure. In addition, only 20% of children reside in households that agree a large selection of high-quality fresh fruits and vegetables are available in their neighborhood.

“Oftentimes, obesity isn’t necessarily about what you eat or don’t eat – but understanding that where these families live has an impact,” she said. “Many children live in areas without parks or playgrounds where they can burn energy and calories. Only about 25% of Oklahoma children live in neighborhoods with a recreation or community center. Just over 55% of children live in areas with sidewalks or walking paths. These factors impact childhood obesity.”

OSU Extension has programming aimed at addressing childhood obesity. In the fall of 2023, OSU Extension launched the Community Health Program for which Hildebrand serves as state lead. “Health disparities are complex issues that need to be addressed at multiple levels within a community,” Hildebrand said. “Extension’s community health team will work with community organizations to address local issues impacting health.”

Payne County Extension Office

Address

315 W. 6th Street, Suite 103
Stillwater, OK 74074

Phone

405-747-8320

Email

Dea Rash
dea.rash@okstate.edu

Website

oces.okstate.edu/payne

Social Media

Facebook: /

[paynecountyextension](https://www.facebook.com/paynecountyextension)

In This Issue

- OHCE Fall County Meeting
November Leader Lesson
(Guiltless Gourmet Holiday Goodies)
- 2025 Lesson Survey
- 2025 OHCE Enrollment
- 2025 Officer Elections
- 2025 Lesson Selection
 - 2025 County Committee Goal Setting
- Fall/Holiday Barn Quilt Workshop
- Snacks Requested for “Say Yes to FCS” Day
 - Fruit Pies for Sale
 - Cherokee OHCE Chicken Noodle Dinner
10/25/24 from 4 to 7



PAYNE COUNTY OHCE NEWS



OHCE FALL COUNTY MEETING

**will be held on Tuesday,
October 15th at 10:30 a.m.**

We will have a covered dish luncheon so please bring one or two side dishes which will each feed 12 or more. Some meat will be provided by Payne County OHCE.

Hostess Groups:

Registration: Rising Star

Decorations: Cherokee

Set-Up/Clean-Up: Cimarron Valley.

The hostess groups letter has been emailed to Presidents.

We will have an interesting, interactive program and business meeting which will include planning for 2025 and election of officers so please plan to come and join the fun and fellowship!

2025 LESSON SELECTION MEETING FOR LOCAL GROUP VICE-PRESIDENTS

The 2025 lesson selection meeting for local group Vice-Presidents is scheduled for **Tuesday, October 15th at 10:00 a.m. at the Community Building at the Expo Center.**

At this meeting, we will decide on the Payne County OHCE members' choices for 2025 lessons based on the lesson surveys completed by members.

If your local group Vice-President cannot attend the meeting, please send another officer to represent your group.

2025 OHCE LESSON SURVEYS

Lesson surveys were available at the September meeting. If you haven't yet done so, please complete your lesson survey and return it to the Extension Office by **Monday, October 7th at Noon** (note the time and the date change from 10/3/24.) You can drop it by or email it to me at: dea.rash@okstate.edu. If you want to complete one survey as a local group, that would be great, too—be sure to put your group's name on the survey.

If you have already turned in your survey, **THANK YOU!**

NOVEMBER LEADER LESSON

"Guiltless Gourmet Holiday Goodies"

The November Leader Lesson will be taught on **Tuesday, October 15th immediately following the Fall County Meeting.** Plan to attend if you are the November lesson leader or if you need a make-up for perfect attendance.

2025 OHCE MEMBERSHIP INFO

State dues are \$12.50 and the County dues are \$7.50, making the total amount for 2025 dues **\$20.00.** You will turn in your **NEW blue enrollment card (be sure to sign it)** and pay your dues to your local group treasurer by **Friday, October 18, 2024.**

Thank you for paying your dues to your local group treasurer by the October 18th deadline so we can have an accurate count of members for the new year. We want to keep everyone on the membership list and we must have your dues paid to do that.

If you know members who would like to join OHCE for 2025, please have them fill out a blue membership card and turn the card and the dues in to your local treasurer by **Friday, October 18th.** They can make checks payable to Payne County OHCE.

Treasurers: New membership cards and dues are due to the Extension Office by **Wednesday, October 23rd at 4:30 p.m.** (This will give you a couple of extra days to get your new membership cards and dues collected from all of your members.)

Fruit Pies for Sale

There are only two leftover pies from the fair kitchen. We have (1) apple pie and (1) peach pie. Pies are \$18 and are at the Extension Office—call the office to reserve the pies you want.
(first come/first serve)

Cherokee Chicken Noodle Dinner

Mark your calendar and plan to attend the annual Cherokee OHCE Chicken Noodle Dinner on **Friday, October 25, 2024 from 4:00 p.m. to 7:00 p.m. at the Cottonwood Community Center at the corner of Lakeview & Cottonwood.**

2025 COUNTY OFFICER ELECTIONS

Election of officers will be held at the Fall county meeting on October 15th.

Officer Positions to be Filled:

2025 County President-Elect who will then serve as County President for 2026-2027 & 2025-2026 County Secretary.

If you are curious about what these officers are responsible for, please reach out to the current officers and they will be glad to visit with you about the officer expectations and duties.

If you are interested in serving in a county officer position, please let Carol Robbins, Nominating Committee Chairman, know ASAP. Carol & her committee are working on finding interested members to serve in these important leadership roles.

Fall/Holiday Barn Quilt Workshop

Lesa Rauh is going to teach a barn quilt workshop featuring Fall and Holiday patterns. **Cost for the workshop is \$25/person** which includes a primed 2' x 2' board, paint and supplies to make your barn quilt.

Tuesday, October 22nd

9:00 a.m. to 3:00 p.m.

Payne County Expo Center

Bring your own lunch

NEW THIS YEAR: Boards and patterns will be available on October 14th and we would like for you to pick up your board and draw your pattern on your board prior to the workshop (especially if you choose an advanced design.) If you haven't drawn a barn quilt before, we can provide you with instructions to help you.

You are welcome to invite a non-OHCE friend or two to register and attend the workshop with you to see how much fun OHCE is!

Class size is limited to 20 people and you are registered when you have paid your \$25 registration fee at the Extension Office.

HOMEMADE SNACKS FOR "Say YES to FCS Day" REQUESTED

Again this year, Payne County OHCE members have been asked to provide **individual, homemade snacks** for the **"Say YES to FCS" Day** held at OSU for high school Juniors & Seniors who are interested in pursuing Family & Consumer Sciences (FCS) as a possible career.

We need OHCE members to bake a variety of **homemade individual, hand-held, silverware-free breakfast or brunch items or snacks.** Suggestions are: mini- muffins, mini-scones, cookies, bar cookies, brownies, etc.

If each local group will provide **4 dozen items**, we will have it covered. **Items will be held at room temperature overnight so please make items that don't need to be refrigerated.**

Please bring your goodies in **disposable pans or on disposable trays** to the Extension office on **Tuesday, October 22nd by NOON.** It would be helpful if you will call the Extension Office to let us know what your group will be bringing so you don't all bring the same thing.

Each local group will receive \$20.00 as a small token of appreciation for your efforts.

Thank you for helping us support the OSU Extension FCS program.

2025 OHCE County Committee Goal Setting

OHCE County Committee Goal Setting will be held on **Tuesday, October 15th.**

Here are the committee choices:

**Cultural Enrichment	**Family
**Healthy Living	**Membership
**Fair Kitchen	**Nominating
**Resource Management	

Not on a committee yet but would like to check it out? Just attend the Fall County Meeting on 10/15/24 and visit the different committee meetings to see what they do and then let the committee chairman know you'd like to help when you find a committee you would like to join.



Payne County Home & Community Education OCTOBER 2024



Payne County Home & Community Education, Inc. News is published monthly by the Payne County OSU Cooperative Extension Center Family & Consumer Sciences Program, 315 W. 6th, Suite #103, Stillwater, OK 74074. To subscribe: call 405-747-8320. Subscriptions are \$7.50 as a part of the dues of the Payne County Home & Community Education.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/ expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>. The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding no discrimination is intended and no endorsement by the Cooperative Extension Service is implied. This publication, issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources, was printed at no cost to the taxpayers of Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources and has been prepared and distributed at a cost of \$.30 per copy. 10/24

Editor...

Dea Rash

Dea Rash
Extension Educator
FCS/4-H Youth Development
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Noon—Lesson Surveys Due	8 Elm Grove	9	10 Lunch Bunch Rising Star	11	12
13	14 Cimarron Valley Floral Valley	15 10-OHCE Les- son Selection 10:30—OHCE County Meeting & Leader Lesson	16	17	18 OHCE Dues & Cards due to local group Treasurer	19
20	21 Cherokee (different date for October only)	22 Barn Quilt Workshop Noon—Say Yes to FCS Snacks Due to Office	23 OHCE Dues & Cards due to Exten- sion Office	24	25 4-7: Cherokee Chicken Noodle Dinner	26
27	28	29	30	31 Happy Halloween		