



# EXTENSION

## STRENGTHENING OKLAHOMA FAMILIES

### Family and Consumer Sciences News

FEBRUARY 2024

#### February is National Cancer Prevention

Cancer is a diagnosis no one wants, but it was a reality for nearly 2 million Americans in 2023, not including non-melanoma skin cancer. What’s more, more than 600,000 will die from the disease.

Research shows that more than four out of 10 cancers can be attributed to preventable causes, said [Diana Romano, Oklahoma State University Extension](#) associate specialist.

“Things that are within our control include smoking, excess body weight, physical inactivity and excessive exposure to the sun, among others,” Romano said. “Not using tobacco is one of the most effective ways to prevent cancer. When it comes to preventing skin cancer, it’s vital to protect your skin from ultraviolet radiation, including indoor tanning devices.”

To help prevent cervical cancer, consider the human papillomavirus, or HPV, vaccine. This vaccine has also been shown to help prevent head, neck, and anal cancers, as well as many cases of liver cancer.

About 20% of the diagnosed cases of cancer are related to being overweight, poor diet, alcohol intake and not being physically active. Being overweight or obese can increase a person’s risk for 15 types of cancer. However, being

physically active can help reduce the risk of nine types of cancer. Maintaining a healthy weight and eating a well-balanced diet are things within a person’s control that can help lower the risk of developing cancer.

Romano said a diet rich in vegetables, fruits, whole grains and beans is a healthy way to help prevent some cancers. These foods are high in fiber and people should consume at least 30 grams of fiber each day.

“While fast foods can be convenient, they are typically high in saturated fat. Combo meals come with a carbonated beverage, which adds more sugar to your diet,” she said. “If you can’t give up sugar, try to limit sugary drinks and sweet treats just for special occasions.”

Not only should you limit sugars, but also alcohol. Red meat, including beef, lamb and pork, should be limited to three servings per week, for a total of 12 ounces. Avoid or consume very little processed meats such as hotdogs, bacon and salami.

Physical activity is important to overall health, and Romano said pre-school-age children need at least three hours of physical activity each day to enhance growth and development. School-age children and adolescents should try to get in

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- **NEW** 2024 OHCE Membership Recruitment Award



# PAYNE COUNTY OHCE NEWS



## **February is Cancer Prevention Month—continued from page 1:**

60 minutes or more each day, as well as take part in bone-strengthening exercises at least twice per week.

“Adults should strive for 150 minutes or more of physical activity each week, along with bone-strengthening exercises twice a week,” she said. “This can be broken up into small segments of time to fit into people’s busy schedules.”

Oklahomans are familiar with the intensity of the sun, so it’s important to protect your skin from ultraviolet exposure. This can be done by limiting sun exposure, especially between 10 a.m. and 4 p.m.; wearing clothing that covers arms and legs; wearing a wide-brimmed hat; wearing sunglasses; and applying a 15 SPF or higher sunscreen every day, even in the winter.

“Talk to your doctor about the various ways you can help prevent a cancer diagnosis through available vaccines, healthy eating, physical activity and UV exposure,” Romano said. “There are many things in our lives that are beyond our control, but there are steps that can be taken to help cut the risk of developing cancer.”

## **OHCE FAMILY NIGHT WILL BE FUN FOR EVERYONE!**

**Thursday, February 29<sup>th</sup> at 6:30 p.m. at the Expo Center Community Building** we’re having *Family Night*, so bring the whole clan! Bring covered dishes including meat, veggies, salads, & desserts, to feed your family and extra guests. Some meat will be provided. We’ll eat and have time to visit, then at 7:15 p.m. we’ll have entertainment. The program is not confirmed yet but you won’t want to miss it so mark your calendar and plan to attend!!

### **Family Night Hostess Groups:**

**Registration: Cimarron Valley**

**Decorations: Elm Grove**

**Set Up/Clean Up: Rising Star**

## **MARCH OHCE LEADER LESSON**

***“Selecting the Best & Most Affordable Cuts of Meat”*** will be taught on **Thursday, February 29<sup>th</sup> at 5:30 p.m. at the Payne County Expo Center Community Building prior to Family Night.** If you are the lesson leader for your local group, please try to attend the lesson and it will count as a make-up for perfect attendance.

### **NEW Payne County OHCE Membership Recruitment Award**

The membership committee has a new Membership Recruitment Award for 2024. The group with the highest percentage of new members will receive an award at Achievement Day in 2025. Share the benefits of OHCE membership with everyone!

# NORTHEAST DISTRICT OHCE MEETING

## Tuesday, March 26<sup>th</sup> at Glenpool

Mark your calendar for Tuesday, March 26<sup>th</sup> & plan to attend this year's Northeast District Meeting at the Glenpool Conference Center, 12205 S. Yukon Avenue in Glenpool. Okfuskee & Okmulgee counties have worked hard to have an educational, fun meeting for Northeast District OHCE members. This year's theme is "*Many Nations—One Oklahoma.*"

**All registration is due by Tuesday, February 27th at 5:00 p.m. to the Extension Office.** Registration fee is **\$25.00 per person** which includes morning refreshments and lunch (brisket, chicken, coleslaw & baked beans.) Make checks payable to **Payne County OHCE.**

**Good News!** This year, the first (20) Payne County OHCE members who attend the district meeting will receive a \$5.00 reimbursement after they attend the meeting.

Registration starts at 8:30 a.m. and the meeting will start at 9:30 a.m. with introductions, business and awards. **There will be a \$100 door prize given away at the end of the morning session.** The winner must be present to win.

Workshop possibilities include *Native American Crafting, Woody Guthrie History, Preservation of Heirloom Textiles, History of Frankoma Pottery, Sculpted Threads, Importance of Fathers, Alpha-gal Syndrome, Food Safety in a Power Outage, Three-Yard Quilt Trunk Show, Native American Cooking, Native American Culture.....and more!!*

There will be a country store fundraiser for the 2025 Northeast District meeting conducted by Kay, Logan & Noble counties and there will be a silent auction. There will be something for everyone so be sure to bring your money and have fun shopping!

**Be sure to register for the meeting by Tuesday, February 27th at 5:00 p.m. Make your check payable to Payne County OHCE and drop it off at the Extension Office. Make sure they know it's for the OHCE Northeast District Meeting registration and have them put it in the envelope inside the yellow 2024 Northeast District OHCE Meeting folder.**

Payne County OHCE President & Secretary and county outstanding member award winners will have their \$25 registration paid by Payne County OHCE if they attend the meeting.

## **CONGRATULATIONS!!!**

to everyone who turned in award entries this year.

The following awards have been submitted for District competition.

**Outstanding Member:** *Pat McNally, Cherokee*

**Rookie Member:** *Susan Murray, Cherokee*

**Heart of OHCE:** *LaVerne Atkinson, Rising Star*

**Photography:** *Pat McNally (Payne County OHCE Float in OSU Homecoming Parade)*  
*Connie Norrie (Commemorative Flag Display at Perkins Territorial Plaza)*

**County Group Report: Family Issues:** *Senior Care Project, Kathie Tanner*

**Local Group Report: Family Issues:** *Cherokee OHCE,*

*Membership: Lunch Bunch OHCE*

*Cultural Enrichment: Cimarron Valley OHCE & Lunch Bunch OHCE*

**Life Story:** *Dee Porter, Cherokee*

*Ann Barrows, Floral Valley*



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Lunch Bunch Rising Star	9	10
11	12 Cimarron Valley Floral Valley	13 Elm Grove	14	15 Cherokee	16	17
18	19 President's Day Holiday—Office Closed	20	21	22	23	24
25	26	27 OHCE Northeast District Meeting Registration DUE to Extension Office	28	29 5:30 OHCE Leader Lesson <i>then</i> 6:30 OHCE Family Night Expo Center		