



2022 DID-YOU-KNOW

In 2022, our Family and Consumer Sciences Extension educators used in-person programming and online platforms to impact over **46,052** Oklahomans. Learn more at fcs.okstate.edu

IMPROVING COMMUNITY HEALTH AND WELLNESS

By the year 2030, the population of older Oklahomans is projected to increase by 27.6%; a growth rate two to three times faster than that of the general population. Physical activity level has been shown to affect an individual's ability to maintain independence. Education programs on safe exercise and balance improvement in a supportive environment were provided to older adults and those with arthritis. Evaluation data show:

75%

Reported their **participation** in the program has **made a difference** in their arthritis symptoms

87%

Believe practicing **Tai Chi** has improved their balance

“When I attend class, I can feel the difference in my joints. The FCS educator gives us added tips and makes it so worthwhile to attend!”

IMPROVING HEALTH

Oklahoma ranks as the fifth highest state in the nation for diabetes mortality rate. The Live well, Eat well, be Active with Diabetes (L.E.A.D.) program provides tools and resources to Oklahomans who are managing type 2 diabetes. Evaluation data show:

75%

Have **maintained** or **lost** weight

65%

Are in **better control** of their **blood glucose**

“I’m very excited because I lost seven pounds during the program! For the first time in a long time my weight is under 300 pounds!”

FINANCIAL MANAGEMENT

Twenty-one percent of Oklahoma children live below the poverty level. Youth learned money management practices and job skills through hands-on activities. Evaluation data show:

78%

Have a greater likelihood of **practicing money saving habits**

“Being an adult is a challenge and you have more financial responsibility to take care of yourself and maybe even a family. There are more expenses than I thought; some with a higher priority than others.”

PREVENTING CHILDHOOD OBESITY

Oklahoma is ranked 45th in America's Health Rankings with high obesity and poor dietary habits.

Community Nutrition Education Programs (CNEP), a service of the Oklahoma State University Extension, utilizes Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed) funding to improve the health and nutrition status of low-income Oklahomans. Youth programs are taught both in and outside school settings. In 2022, 13,589 youth participated in programs such as CATCH, Teen Cuisine, Farm to You and KIK It Up! Evaluation data show:

79%

of the **3,325 CATCH graduates** improved their abilities to choose healthy foods

87%

of the **349 Teen Cuisine graduates** improved their abilities to choose healthy foods

76%

of the 1,473 **3rd-4th grade students** surveyed following the Farm to You exhibit **identified foods** they should eat **for good health**

73%

of the 1,039 **KIK-It-Up! graduates** improved their abilities to choose healthy foods

"I was encouraged to see the families of my fourth grade students getting involved with their kids as they tried new recipes and played outside to accomplish the take-home activities."



OKLAHOMA HOME & COMMUNITY EDUCATION, INC.

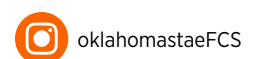
Through its relationship with Family & Consumer Sciences (FCS) Cooperative Extension, OHCE presents research-based information to assist members in being well-informed and able to embrace change at home and in their community. Participating OHCE groups reported that in 2022 they:

Donated over \$600,000 in cash and goods to fairs, 4-H programs or members, and other groups and organizations

Contributed over 106,000 hours of volunteer service at an economic value of \$3.17 million

124 OHCE members are actively serving across the state as certified Master FCS Volunteers

Visit us at fcs.okstate.edu



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>. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of 20 cents per copy.