



OSU EXTENSION
**FAMILY AND
 CONSUMER SCIENCES**

IMPACTS ON FAMILIES, YOUTH & COMMUNITIES

Did you know that in 2021, our Family and Consumer Sciences Extension Educators used in-person programming and online platforms to impact over **35,979** Oklahomans? Learn more at fcs.okstate.edu.

IMPROVING HEALTH

Oklahoma ranks poorly in the areas of adult obesity and diabetes. 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:

- **72%** have maintained or lost weight.
- **56%** are in better control of their blood glucose.

"After learning the MyPlate method and other tips from the LEAD program, I am no longer taking either my long or short-acting insulin. This is wonderful news!"

*"After 5 months in the program I have lost nearly **70%** of my goal weight, lowered my A1C and total cholesterol, and raised my good cholesterol!"*

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.

"The Reality Check program shows our students that they need to understand how to budget and start planning for what education or skill they would like to receive. We want to begin providing this program to our high school students as well."

Fifteen percent of Oklahomans live below the federal poverty threshold. Low-income adult participants gained valuable life skills. Evaluation data show:

- **86%** of participants improved in skills necessary for obtaining employment, successful workplace conduct and positive interactions.

IMPROVING COMMUNITY HEALTH & 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:

- **89%** reported their physical activity has increased as a result of the program.

"Tai chi has benefitted my yoga exercise routine. The slow, gentle movements are easy on a senior citizen's body. The concentration required for coordination between hands and feet is a true gift for the preservation of the cognitive process."

- **79%** reported the program has helped them better perform daily living activities.

"When I first joined, my fingers were often locking up and taking a long time to bend again. After working on the exercises at home, they seldom lock up anymore and my ring fingers are straighter than when I started."





PROMOTING NUTRITION & FOOD SAFETY

Oklahoma has the 5th highest rate of food insecurity in the nation; 1 in 6 Oklahomans do not have consistent access to adequate food throughout the year. Participants learn basic food preparation skills to create nutritious meals using available resources. Evaluation data show:

- **23%** improvement in intent to use safe food handling and preparation practices.

Supply chain disruptions and rising food costs have encouraged more Oklahomans to learn the practice of home food preservation. The CDC estimates that foodborne illnesses cause an estimated 48 million illnesses and 3,000 deaths annually. Evaluation data show:

- **33%** increase in adults and **26%** increase in youth who plan to use safe and effective food preservation and storage practices.

"I only called for help on a canning equipment problem, but during our conversation I learned the old family recipes and thrift store jars I was using were putting me and my family at risk of food poisoning! The FCS educator invited me to a class where I can get current instructions, safety information, and certified recipes."

IMPROVING CHILDREN'S LIVES THROUGH PARENTING & MARRIAGE EDUCATION

Seventeen percent of Oklahoma youth experience adverse childhood events. Divorce can sometimes increase the risk of negative outcomes in youth. FCS Extension's Co-Parenting for Resilience program provides knowledge and skills to help parents reduce the harmful impacts of divorce on their children. Evaluation data show:



- **91%** of participants are more likely to encourage their child to have a positive relationship with their other parent.
- **91%** of participants are more likely to approach parenting as a joint effort and view their child's other parent as a valued team member.

"I didn't think I was affected by my parents' divorce; but my own dad basically dropped out of my life. I don't want my son to be raised without a father; I'll be involved in his school activities and ballgames."

"I realized some areas I need help in and how my actions made the situation worse; there are things I shouldn't have said about my co-parent in front of my kids."

OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Through its relationship with the OSU Extension Family and Consumer Sciences (FCS) program, OHCE presents research-based information to assist members in being well-informed and able to embrace change at home and in their community. There are currently **188 OHCE members** serving across the state as certified Master FCS Volunteers, with an additional **51 Master Wellness Volunteers** in Oklahoma and Tulsa counties.



Participating OHCE groups reported that in 2021 they:

- **Donated over \$467,000** in cash and goods to fairs, 4-H programs or members, and other groups and organizations.
- Contributed over **78,000 hours of volunteer service** at an economic value of **\$2.1 million**.