



DID YOU KNOW

in 2019, our Family & Consumer Sciences Extension Educators reached **126,316** Oklahomans? Learn more at fcs.okstate.edu

Improving Health

Oklahoma ranks 43rd in the nation for diabetes. Evaluation data from program participants shows that

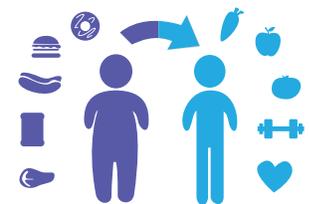
78% have maintained or lost weight and **57%** are in better control of their blood glucose.

"I took the LEAD diabetes class five months ago. I have lost 13 lbs. and my A1C is down 1.3 points. This is because of the class and I want to take it again!"

Increasing Community Health & Wellness

Over 15% of Oklahoma's population is age 65+ and at greater risk of death from home injury. Of those completing evaluations,

85% report that participation in the program has helped them function better during daily activities.



Oklahoma ranks 41st nationally for physical inactivity. This program provides education on successful physical activity for people with arthritis.

Of those completing post-program evaluations,

86% of participants said the program has helped them increase physical activity.

"I was afraid to walk alone because of frequent falls. At first, we only walked twice around the track. By the end we walked 1.25 miles in 28 minutes! I'm going to keep walking with my dog. He's gotten fat!"



Promoting Financial Management



Oklahoma is 37th nationally in households without savings accounts and with sub-prime credit. Through FCS programs, adult participants gain valuable personal financial skills.

Participant evaluation data shows a **91%** increase in intent to improve financial planning and responsible money management practices.

Promoting Food Safety, Nutrition, & Food Security

Oklahoma has the fourth highest food insecurity rate in the nation. Participants learn basic food preparation skills to create nutritious meals using available resources. Evaluation data shows a

77% increase in safe food handling practices.



Creating Healthy Home Environments



The most common household chemical exposures in children under six are cosmetics, personal care products, and analgesic drugs. Evaluation data shows that

83% of youth know how to properly store chemicals in the home.

Improving Children's Lives through Parenting & Marriage Education

Oklahoma ranks third nationally for number of divorces. Evaluation data shows

85% of participants became more likely to approach parenting as a joint effort and view their child's other parent like a valued member of a team.

"After she took this class, my ex threw out the original custody arrangement and gave me more time with our daughter. I think we would have been able to work things out if we had first taken this class together."

Divorce increases the risk of negative outcomes in youth.

Evaluation data shows

84% of participants became more likely to point out to their child positive aspects of their other parent.

"I learned I really need to be careful of my emotions when I am around my kids. They had been pretty sad about the divorce and I can now see that it has hurt them. I won't make that mistake again."



- ❖ Children learn responsibility specific behaviors or action consequences.

- ❖ Doesn't eat all their dinner = dessert) until they finish.

- ❖ If you don't finish your homework the privilege to play video game

- ❖ Doesn't arrive home by curfew out next week.

Oklahoma Home and Community Education, Inc.



Through its relationship with the Family & Consumer Sciences (FCS) Cooperative Extension Service, OHCE presents research-based information to assist members in being well-informed and able to handle change at home and in their community. There are currently **176** OHCE members serving across the state as certified **Master FCS Volunteers** with an additional **50 Master Wellness Volunteers** in Oklahoma and Tulsa counties.

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