



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

2025 IMPACT ON OKLAHOMA

FAMILY & CONSUMER SCIENCES HIGHLIGHTS



43K

program participants, family members and community members reached with Family and Consumer Sciences educational content.

VOLUNTEERS

Volunteer contributions to their communities:



180.2K

hours of service



\$6.6M

economic value

HEALTH & HUNGER

95%

of adult Community Nutrition Education Programs participants improved in one or more diet quality areas, such as eating more fruits and vegetables, drinking fewer sugary beverages or cooking dinner at home.

4K

Expanded Community Nutrition Education Program participants.

57%

of youth participants decreased their consumption of sports drinks and soda.



695

participants in the Fresh Start program learned valuable skills needed to consume a healthy diet and be physically active on a limited income.

73%

of Live Well, Eat Well, Be Active with Diabetes participants have created a plan to manage their diabetes, as a result of attending the program.

FAMILY & YOUTH RESILIENCE



4.3K Parents

participated in the Co-Parenting for Resilience classes, both in-person and online, in 72 of Oklahoma's 77 counties.

Strong Dads

The Strong Dads program involved educators engaging 679 fathers in nine Oklahoma counties, including 98 men in correctional facilities. **72% of participants** reported greater parenting knowledge, and **58% reported greater engagement** with their children.

JOB & CAREER READINESS

The OK Way

A total of 219 participants completed the OK Way Delivery Quality Customer Service training.

78%

of youth participants in Family and Consumer Science programs are more likely to practice money-saving habits.

Reality Check

An interactive financial simulation teaching basic life skills was held for:



2.9K Students



23 High Schools & Technology Centers



15 Counties

Resulting in:

12% Increase

in the intent of youth to be careful with their money.

4% Increase

in knowledge of the importance of saving money in a bank.

SAFETY & ENVIRONMENT

1.2K Adult & Youth Participants

engaged in home food safety preservation workshops. Data showed a **35% increase** in adults and **29% increase** in youth who plan to implement safe and effective food preservation practices.

10 Poverty Simulations

were conducted to sensitize participants to the realities of poverty. **71% of participants** claimed the simulation changed their thinking about poverty solutions, and **83% planned to take action** to reduce poverty in their communities.

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