



Strengthening Oklahoma Families



# Canadian County

## 2014 FCS Impacts

### SELECTED ISSUES

#### Health

- 10,526 babies were born from 2005-2011
- 809 babies were born with low birth weight
- 11% of the population has been diagnosed with diabetes
- 31% was estimated to be obese in 2010
- 31% have been found to be physically inactive

#### Hunger

- 12% of the county have been found to be food insecure
- 6% have limited access to healthy foods

#### Risky Behaviors

- 894 teen births from 2005-2011
- 33 alcohol impaired driving deaths in the county
- 36% of all driving deaths involve alcohol
- 9% decrease countywide in school drop-out rates

### EXTENSION'S RESPONSE

#### Health

A 2-day Kids Cooking School was held for 29 8-13 year olds. A participant's parent said their child has been making dinner for the family since taking the class. The parent has been promoting the class to others and requested a Level 2 class next summer.

*9 adults completed evaluations which asked how they plan to change their behavior as a result of attending the Arthritis Foundation Land Exercise program*

- 77% plan to eat a serving of fruit 2 or more times each day
- 75% plan to eat or drink a serving of calcium rich food 2 or 3 times each day
- 67% plan to stop eating snack foods or reduce their consumption to only 1-2 days a week
- 62% plan to follow a plan to manage their health conditions
- 66% are physically able to participate in physical activity as often as they would like

*18 youth completed evaluations which asked how they plan to change their behavior as a result of attending the Organ Wise Guys program*

- 71% increase in plans to eat a whole grain food 3 or more times each day
- 57% increase in plans to eat a serving of fruit 2 or more times each day
- 50% decrease in plans to eat snack foods 1 or more times each day
- 50% plan to cook meals at home



For information about our educational programs, contact your local county extension office and visit:  
<http://www.fcs.okstate.edu>

**Statewide Statistics:** The Oklahoma Cooperative Extension Service and its Family & Consumer Sciences Educators provide research-based programs to improve on these socio-economic indicators. Our goals are listed below, along with some challenging statistics for the state.

### Health

*Working towards increasing the number of Oklahomans maintaining or improving their health through safe and healthy food and physical activity choices*

- Infant mortality in Oklahoma is 8.6 (per 1,000 births). This is 30% higher than the national average<sup>8</sup>
- 375,310 births in Oklahoma from 2005-2011<sup>1</sup>
- 31,112 babies were born with low birth weight. This is 8.3% of total births in the state<sup>1</sup>
- 11% of Oklahomans have been diagnosed with diabetes<sup>1</sup>
- 24% of Oklahomans are active smokers in 2012<sup>1</sup>
- 32% of adult Oklahomans were obese in 2010<sup>1</sup>
- 31% of adult Oklahomans are physically inactivate

### Risky Behaviors

*Working towards reducing the number of children and youth engaging in high-risk behaviors which lead to negative outcomes*

- 48,921 teen births in Oklahoma from 2005-2011<sup>1</sup>
- 38.3% of Oklahoma students grades 9-12 report current alcohol consumption<sup>4</sup>
- 1,226 alcohol impaired driving deaths<sup>1</sup>
- 34% of all driving deaths involved alcohol<sup>1</sup>
- 21% decrease statewide in school drop-out rates from 2006-2010<sup>5</sup>

### Safety

*Working towards helping Oklahomans reduce risks that could harm their health, well-being, and safety in their homes, homesteads and communities*

- 17,939 violent crimes annually from 2009-2011
- 15,251 deaths from injury in 2011<sup>1</sup>
- 197,605 (14%) homes with severe problems, such as overcrowding, high housing costs, or lack of kitchen or plumbing facilities<sup>1</sup>

### Environment

*Working towards increasing the number of Oklahomans that prevent/decrease the degradation of their environments*

- 18% of Oklahomans in 2012 were exposed to violations in safe drinking water regulations<sup>1</sup>

### Hunger

*Working towards reducing the number of Oklahomans experiencing hunger*

- 17% of Oklahomans are found to be food insecure<sup>1</sup>
- 9% have limited access to healthy foods<sup>1</sup>

### Jobs & Employment

*Working towards Oklahomans increasing personal and community life readiness for employment and economic opportunities*

- 73,722 people are not proficient in English in Oklahoma<sup>2</sup> That is only 2.1% of the total population.
- 78% of Oklahoma students graduated in 2010-2011<sup>1</sup>
- 5.2% unemployment in Oklahoma<sup>1</sup>

### Family Breakdown

*Working towards helping Oklahoma's couples reducing their risk of separation or divorce and strengthening their relationship*

- 33% of families live in a single parent household in 2012<sup>1</sup>
- 24.6% of the population is below 18 yrs. of age<sup>2</sup>

### Resilience

*Working towards Oklahoma children, youth and adults being successful and resilient in their lives*

- 9,842 cases of child abuse were substantiated in Oklahoma in 2012<sup>6</sup>
- 26,106 children with an incarcerated parent in 2011<sup>7</sup>
- 24% of Oklahoma's children live in poverty<sup>1</sup>

### Finances

*Helping Oklahomans increase their financial readiness for life events*

- 16.6% of Oklahomans live below the poverty level<sup>2</sup>
- \$44,336 is the median household income in Oklahoma<sup>1</sup>
- 1.9 million homes in Oklahoma entered foreclosure in 2011<sup>3</sup>

# The State of Families in Oklahoma 2014



<sup>1</sup><http://www.countyhealthrankings.org/app/oklahoma/2014/overview> <sup>2</sup><http://quickfacts.census.gov/qfd/states/40000.html> <sup>3</sup><http://newsok.com/oklahomas-foreclosure-rate-is-32nd-in-nation/article/3639883> <sup>4</sup>[http://ok.gov/odmhas/documents/2012\\_Oklahoma\\_Epidemiological\\_Profile\\_Short\\_CN%20comments.pdf](http://ok.gov/odmhas/documents/2012_Oklahoma_Epidemiological_Profile_Short_CN%20comments.pdf) <sup>5</sup><http://www.datacenter.kidscount.org/data/tables/4129-change-over-time-in-high-school-dropout-rates?loc=38&loct=2#detailed/5/5266-5342/false/1020/any/9367> <sup>6</sup><http://www.ok.gov/health2/documents/Combined%20State%20Plan%20Docs.pdf> <sup>7</sup><http://datacenter.kidscount.org/data/tables/5931-children-of-incarcerated-parents-index?loc=38&loct=2#detailed/5/5266-5342/false/875/799/12559> <sup>8</sup><http://www.ok.gov/health/pub/boh/state/SOSH2011.pdf>