



Strengthening Oklahoma Families



Comanche County 2014 FCS Impacts

SELECTED ISSUES

Health

- 14,134 babies were born from 2005-2011
- 1,196 babies were born with low birth weight.
- 11% of the population has been diagnosed with diabetes
- 35% was estimated to be obese in 2010
- 31% have been found to be physically inactive

Finances

- \$44,726 is the median household income
- 17% of the county lives below the poverty level

Resilience

- 24% of children in the county live in poverty
- That is 7,201 children living in poverty
- 222 children annually have a parent who is incarcerated

EXTENSION'S RESPONSE

Health

Two adult participants completed evaluations which asked how they plan to change their behavior as a result of attending Health Issue Team programming

- Both participants plan to eat a serving of vegetables 3 or more times each day
- Both participants plan to use safe food storage practices
- Both participants plan to use safe and effective food preservation practices

Finances

39 participants completed evaluations which asked how they plan to change their behavior as a result of attending the Money Habitudes program.

- 60% increase in those who plan to regularly track income and spending
- 51% plan to have an emergency savings fund equal to at least 3 months' pay

At a Money Management session, participants used a tool that showed them if they saved, for example, \$4.00 a week how much that would add up to in a month and year. One participant realized how much money she was spending weekly on eating out and vending machines. After attending the session, she started taking her lunch and using leftovers and saving the money she would have spent eating out. This was the first time she had any type of savings. Her car had a flat tire, and she actually had the money saved so she was able to buy a tire, and she did not have to miss any work.

Resilience

26 Head Start teachers completed evaluations which asked how their students' behavior has changed as a result of the Conscious Discipline Program

- 44% increase in sharing with other children
- 43% increase in general behavior
- 52% decrease in lying and cheating



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 average⁸
- 375,310 births in Oklahoma from 2005-2011¹
- 31,112 babies were born with low birth weight. This is 8.3% of total births in the state¹
- 11% of Oklahomans have been diagnosed with diabetes¹
- 24% of Oklahomans are active smokers in 2012¹
- 32% of adult Oklahomans were obese in 2010¹
- 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 2005-2011¹
- 38.3% of Oklahoma students grades 9-12 report current alcohol consumption⁴
- 1,226 alcohol impaired driving deaths¹
- 34% of all driving deaths involved alcohol¹
- 21% decrease statewide in school drop-out rates from 2006-2010⁵

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 2011¹
- 197,605 (14%) homes with severe problems, such as overcrowding, high housing costs, or lack of kitchen or plumbing facilities¹

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 regulations¹

Hunger

Working towards reducing the number of Oklahomans experiencing hunger

- 17% of Oklahomans are found to be food insecure¹
- 9% have limited access to healthy foods¹

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 Oklahoma² That is only 2.1% of the total population.
- 78% of Oklahoma students graduated in 2010-2011¹
- 5.2% unemployment in Oklahoma¹

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 2012¹
- 24.6% of the population is below 18 yrs. of age²

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 2012⁶
- 26,106 children with an incarcerated parent in 2011⁷
- 24% of Oklahoma's children live in poverty¹

Finances

Helping Oklahomans increase their financial readiness for life events

- 16.6% of Oklahomans live below the poverty level²
- \$44,336 is the median household income in Oklahoma¹
- 1.9 million homes in Oklahoma entered foreclosure in 2011³

The State of Families in Oklahoma 2014



¹<http://www.countyhealthrankings.org/app/oklahoma/2014/overview> ²<http://quickfacts.census.gov/qfd/states/40000.html> ³<http://newsok.com/oklahomas-foreclosure-rate-is-32nd-in-nation/article/3639883> ⁴http://ok.gov/odmhas/documents/2012_Oklahoma_Epidemiological_Profile_Short_CN%20comments.pdf ⁵<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> ⁶<http://www.ok.gov/health2/documents/Combined%20State%20Plan%20Docs.pdf> ⁷<http://datacenter.kidscount.org/data/tables/5931-children-of-incarcerated-parents-index?loc=38&loct=2#detailed/5/5266-5342/false/875/799/12559> ⁸<http://www.ok.gov/health/pub/boh/state/SOSH2011.pdf>