



Strengthening Oklahoma Families



Murray County

2014 FCS Impacts

SELECTED ISSUES

Health

- 1,180 babies were born with low birth weight
- 110 babies were born with low birth weight
- 12% of the population has been diagnosed with diabetes
- 35% was estimated to be obese in 2010
- 32% have been found to be physically inactive

Finances

- \$42,510 is the median household income
- 16% of the county live below the poverty level

Jobs & Employment

- 78% of students graduated from high school in 2011
- 3.2% unemployment in the county

Risky Behaviors

- 206 teen births from 2005-2011
- 7 alcohol impaired driving deaths in the county
- 32% of all driving deaths involve alcohol
- 18% increase countywide in school drop-out rates

EXTENSION'S RESPONSE

Health

2 participants in the AFLE program completed evaluations which asked how they plan to change their behavior as a result of attending issue team programming

- Both participants plan to eat or drink a serving of calcium-rich food 2 or 3 times each day

- Both participants intend to follow a plan to manage their health conditions (e.g. arthritis or diabetes)

The teacher of the Food Science classes where the FCS Food Showdown lessons were taught said the hands-on learning elements of the food showdown have engaged some of her usual problems students in learning. These students learned about the importance of planning and teamwork and ended up creating the best dish of the entire four-week program. Another student participating in the showdown said he cooked his showdown dish for his family and, while he doesn't usually eat vegetables, he added some to his recipe. Another student caught me in the grocery store the afternoon after a showdown and told me she was there with her dad buying groceries and she was cooking her food showdown dish for her family for supper that night.

Risky Behaviors

11 participants in the Co-Parenting for Resilience program completed evaluations

- 64% rated the program as very useful in motivating them to change their behavior toward their co-parent
- 73% rated the program as very useful in teaching new ways to be an effective parent during and after the divorce
- 90% would recommend the program to a friend who was divorcing
- A participant said the information presented confirmed the positive things that she and her co-parent are already doing to make things best for their son.



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/odmhsas/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>