Strengthening Oklahoma Families

Okmulgee County 2014 FCS Impacts

SELECTED ISSUES

Health

- 3,723 babies were born from 2005-2011
- 321 babies were born with low birth weight
- 13% of the population has been diagnosed with diabetes
- 32% was estimated to be obese in 2010
- 36% have been found to be physically inactive

Risky Behaviors

- 691 teen births from 2005-2011
- 31 alcohol impaired driving deaths in the county
- 46% of all driving deaths involve alcohol
- 2% increase countywide in school drop-out rates

Hunger

- 19% of the county have been found to be food insecure
- 11% have limited access to healthy foods

EXTENSION'S RESPONSE

Health

Four adult participants completed evaluations which asked how they plan to change their behavior as a result of attending issue team programming

- Half of the participants plan to be physically active at least 60 minutes throughout the day
- Half of the participants plan to cook meals at home
- Half of the participants plan to use safe food storage practices

Health

6 of the 45 youth participants in Food Showdown completed evaluations which asked how they plan to change their behavior as a result of attending issue team programming

- 67% plan to eat a serving of fruit 2 or more times each day
- 67% plan to eat a whole grain food 3 or more times each day
- 83% plan to eat or drink a serving of calcium-rich food 2 or 3 times each day
- 67% decrease in those who plan to eat snack foods 1 or more times a day
- 67% decrease in those who plan to drink 1 or more sugar-sweetened drinks each day

The Food Showdown team from Okmulgee county won the district contest to proceed on to the state competition at Round-Up. The team used some of the garnishing techniques they learned.

Finances

Participants in the Pathways to Success program commented:

- "I learned I needed to save money for hard times!"
- "I learned how to manage my bills and how much money to save. I am really glad I took this class!"

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families

OKLAHOMA STATE UNIVERSITY EXTENSION

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[8]
- 375,310 births in Oklahoma from 2005-2011[1]
- 31,112 babies were born with low birth weight. This is 8.3% of total births in the state[1]
- 11% of Oklahomans have been diagnosed with diabetes[1]
- 24% of Oklahomans are active smokers in 2012[1]
- 32% of adult Oklahomans were obese in 2010[1]
- 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[1]
- 38.3% of Oklahoma students grades 9-12 report current alcohol consumption[4]
- 1,226 alcohol impaired driving deaths[1]
- 34% of all driving deaths involved alcohol[1]
- 21% decrease statewide in school drop-out rates from 2006-2010[5]

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[1]
- 197,605 (14%) homes with severe problems, such as overcrowding, high housing costs, or lack of kitchen or plumbing facilities[1]

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[1]

Hunger

Working towards reducing the number of Oklahomans experiencing hunger

- 17% of Oklahomans are found to be food insecure[1]
- 9% have limited access to healthy foods[1]

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[2] That is only 2.1% of the total population.
- 78% of Oklahoma students graduated in 2010-2011[1]
- 5.2% unemployment in Oklahoma[1]

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[1]
- 24.6% of the population is below 18 yrs. of age[2]

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[6]
- 26,106 children with an incarcerated parent in 2011[7]
- 24% of Oklahoma's children live in poverty[1]

Finances

Helping Oklahomans increase their financial readiness for life events

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

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 [4] http://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|799/12559 [8]http://www.ok.gov/health/pub/boh/state/SOSH2011.pdf