



Strengthening Oklahoma Families



# Pushmataha County 2014 FCS Impacts

## SELECTED ISSUES

### Health

- 990 babies were born from 2005-2011
- 87 babies were born with low birth weight
- 14% of the population has been diagnosed with diabetes
- 31% was estimated to be obese in 2010
- 34% have been found to be physically inactive

### Hunger

- 18% of the county have been found to be food insecure
- 13% have limited access to healthy foods

### Risky Behaviors

- 195 teen births from 2005-2011
- 12 alcohol impaired driving deaths in the county
- 38% of all driving deaths involve alcohol
- 60% decrease countywide in school drop-out rates

## EXTENSION'S RESPONSE

### Health

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

- 60% plan to use safe food handling practices
- 60% plan to use safe food storage practices
- 60% plan to use safe and effective food preservation practices

A student approached me after 4-H camp and said they had never been a big fruit eater but would increase their fruit intake to 3 servings per day after learning how to make fruit smoothies.

### Hunger

*5 adult participants completed evaluations which asked how they planned to change their behavior as a result of attending Hunger Issue Team programming*

- 60% plan to use money saving meal planning or food shopping practices
- 60% plan to use simple recipes to cook food
- 80% plan to use safe food handling practices
- 60% plan to use safe food storage practices

After attending Food Safety for Seniors, OHCE members reported using better food safety and storage practices along with using the "after 3 days throw it away" rule.

### Risky Behaviors

A Head Start teacher told me that after two of the Take a Stand lessons biting, hair pulling, pushing and shoving had become almost non-existent in her classroom.

*13 participants in the Co-Parenting for Resilience program completed evaluations.*

- 85% rated the program as very useful in motivating them to change their behavior toward their co-parent
- 85% rated the program as very useful in teaching new ways to be an effective parent during and after the divorce
- 85% would recommend the program to a friend who was divorcing



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>