



DID YOU KNOW?

2015 Highlights

Family & Consumer Sciences Extension Educators work through statewide issue teams to address Health, Financial Readiness, Safety, Hunger, Family Resilience, Jobs and Employment, Risky Behaviors and Environmental Degradation.

PROTECTING THE SAFETY OF OKLAHOMANS

Through the work of the Safety, Hunger, and Health Issue Teams:

73 programs presented across the state
2,831 youth and adults received education

FCS signature programs focused on:

Preparing Oklahomans for the high numbers of federally declared disasters which occur in our state
Helping Oklahomans avoid the high costs associated with food borne illness
Maintaining the safety of Oklahomans 65 years and older who live alone

Emergency Preparedness—Oklahomans were shown how to build emergency kits using items available in their homes, which can quickly be taken with them

IMPACT-386 Oklahomans pledged to create emergency kits and 155 fulfilled this pledge

Home Food Preservation and Put It Up! Food Preservation for Youth—teaches safe food handling and preparation practices

IMPACT—Evaluation data showed a 43% increase in youth and 12% increase in adults who plan to use safe and effective food preservation practices

Oklahomans say: “My family has been using an unsafe canning practice, I am going to teach them the correct way.” - youth participant

Keep Moving: People with Arthritis and Tai Chi:

Moving for Better Balance—a series of low-impact exercises to increase balance and mobility

IMPACT—Evaluations showed a 50% increase in those who are confident in their ability to maintain or improve their balance and strength and a 12% increase in those who are able to move without the risk of injury in spite of their current health condition

Oklahomans say: “I don’t want to miss class because these are the only exercises that really help me.” - 91 year-old participant



IMPROVING CHILDREN'S LIVES



Through the work of the Health, Hunger, Family Breakdown, Risky Behaviors, and Resilience Issue Teams:

532 programs presented across the state
19,306 youth and adults received education
30 different youth curricula and 28 different adult curricula used

FCS signature programs addressed Oklahoma's:
High rates of youth overweight and obesity
Low fruit and vegetable intake
Incidences of child maltreatment
Negative effects on children of divorce

The OrganWise Guys—teaches healthy eating habits and physical activity habits to youth.

IMPACT—Evaluation data for youth PreK-5th grade showed improvement in physical activity and fruit and vegetable consumption

Active Parenting —parenting skills and parent-child relationship education.

IMPACT—Participants in evaluation showed an increase in perseverance when things go badly with their child

Co-Parenting for Resilience —provides research-based strategies and skills to help parents reduce conflict, keep their children out of the middle of their divorce, and promote resilience in their children

IMPACT—The only divorce education program to date that has demonstrated empirical evidence showing improvements in child behavior.

96% of participants learned new ways to be an effective parent during and after their divorce

Oklahomans say: “I learned how much the going back and forth is affecting my daughters, and how important communication is between both parents. I loved this class; really enjoyed getting tips for myself as a co-parent. It makes me want to improve!”

OKLAHOMA HOME AND COMMUNITY EDUCATION, INC. (OHCE)

Through its relationship with the Family & Consumer Sciences, OHCE presents research-based information to assist members in being well-informed and able to handle change at home and in their community.

OHCE groups:

Raise funds for scholarships, community service projects, and county extension offices

Provide programs for young readers to increase literacy among children

Conduct programs such as “Drive by Fruiting” - designed to help elderly and home bound Oklahomans by delivering fresh fruits and vegetables



For more information about Family & Consumer Sciences, visit

www.fcs.okstate.edu

To learn more about Cooperative Extension in Oklahoma, visit

www.oces.okstate.edu