In 2018, our Family & Consumer Sciences Extension Educators reached 148,738 Oklahomans? Learn more at fcs.okstate.edu

---

**Improving Health**

Oklahoma ranks 43rd in the nation for diabetes. Evaluation data from program participants shows that 81% have maintained or lost weight and 63% are in better control of their blood glucose.

“My husband reads labels and changes the lunch he takes to the oil rig sites. He never listened to me, but after hearing the importance of reading labels, what you eat, and when you eat, he practices what you taught.”

**Increasing Community Health & Wellness**

Over 15% of Oklahoma’s population is age 65+ and at greater risk of death from home injury. After the program, 95% of participants believe that practicing Tai Chi has improved their balance and 88% are less afraid of falling.

Oklahoma ranks 47th nationally for physical activity. Family and Consumer Sciences provides education in successful physical activity for people with arthritis. Of those completing post-program evaluations, 85% of participants said the program has helped them reduce their pain, stiffness, and fatigue.

“An elderly participant, experiencing depression and declining health after several falls, received a doctor’s recommendation to exercise. After completing the program, she continues to walk over a mile three times a week. Others have commented on her improved steadiness and stamina.”

---

**Promoting Financial Management**

Oklahoma is 37th nationally in households without savings accounts and with sub-prime credit. Adult participants gained valuable life skills. Participant evaluation data shows 94% increase in intent to write down financial goals and pay bills on time.

“I never had any instruction on credit, credit scores, or credit repair and I am very grateful for this information.”
Promoting Food Safety, Nutrition, & Food Security

Oklahoma has the fourth highest food insecurity rate in the nation. Using available resources, participants learn basic food preparation to create nutritious meals. Evaluation data shows an increase in basic cooking skills after participating in this program.

86%  

Improving Children’s Lives through Parenting & Marriage Education

Oklahoma ranks third nationally for number of divorces. Evaluation data shows 77% of participants became more likely to treat their child’s other parent like a valued member of a team.

“I learned how important it is to put our differences aside and co-parent together and how I can make that happen.”

Divorce increases the risk of negative outcomes in youth. Evaluation data shows 79% of participants became more likely to point out to their child positive aspects of their other parent.

“I learned about the type of parent I should be and examples of what NOT to do, as well as different ways to discipline and how I can be consistent.”

Creating Healthy Home Environments

The most common household chemical exposures in children under six are cosmetics, personal care products, and analgesic drugs. Evaluation data shows that 62% of youth safety day participants know how to properly store chemicals in the home.

Oklahoma Home and Community Education, Inc. (OHCE)

Through its relationship with the Family & Consumer Sciences (FCS) Cooperative Extension Service, OHCE presents research-based information to assist members in being well-informed and able to handle change at home and in their community. There are currently 109 OHCE members serving across the state as certified Master FCS Volunteers, with an additional 33 Master Wellness Volunteers in Oklahoma and Tulsa counties.

Participating OHCE groups reported that in 2018 they:

► Donated over $151,972 in books, clothing, and goods to county fairs.
► Planted over $10,000 worth of plants, trees & shrubs.
► Contributed over 300 volunteer hours and over $9,500 in care packages for the military.
► Contributed over 31,856 volunteer hours, an economic value of $750,862, through activities such as nursing home visits, reading and tutoring.
► Contributed over $67,500 in scholarships to 4-H members and other students across the state; over $9,000 in support of 4-H programs and activities; and over $20,000 in support of local communities in various ways.