### Improving health and nutrition of Oklahomans

**OrganWise Guys**  
*Childhood Obesity*

Seventeen percent of Oklahoma youth are considered obese and the state has poor fruit and vegetable consumption. Evaluation data for kindergarten – 5th grade participants showed improvement in healthy food choices and physical activity.

“The kids really looked forward to seeing her and the nutrition games were excellent! From the first lesson, I noticed the students choosing more vegetables at lunch.” – Fourth Grade Teacher

**Tai Chi: Moving for a Better Balance**  
*Community Health & Wellness*

Over 14% of Oklahoma’s population is age 65+ and at greater risk of death from home injury. After the program, **over 68% of participants can move with minimal risk of injury and can perform activities of daily living with minimal difficulty.**

**Live Well, Eat Well, Be Active, with Diabetes**  
*Diabetes Prevention & Management*

Oklahoma has the 8th highest rate of obesity and 12% of residents were diagnosed with diabetes in 2015. Evaluation data show a decrease of over 57% in those who plan to eat snack foods and drink sugar-sweetened beverages every day.

“I have been able to lower my A1C to a normal level using the techniques I learned in the class.” – Participant

### Improving the safety of Oklahomans

**Food Preservation Program**  
*Food & Nutrients*

In the United States, food waste is estimated at between 30-40% of the food supply. Evaluation data show **85% of adult and 80% of youth participants plan to use safe and effective food preservation practices.**

“Thank you for offering this class for youth. My son really enjoyed coming and he has already asked for a pressure canner for Christmas.” – Amanda

**Food Safety Program**  
*Food Safety*

Total annual health-related costs of food borne illness in the United States exceeds $15 billion. 12% of children are in the foster care system. Evaluation data show a **30% increase in those who plan to use safe food storage practices.**

“A class on Basic Food Safety was taught to our youth about to age out of the Foster Care system. The kids repeatedly talk about the class and how much they enjoyed it.” – Patrick

**Progressive Ag Safety Day**  
*Healthy Homes & the Environment*

Oklahoma ranks third for federally declared disasters. Youth who are prepared to respond to emergencies at home will be less fearful. Evaluation data show **youth participants know how to stay safe in severe weather, around household chemicals, and when riding ATVs.**

“My favorite station was first aid because we got to make our own first aid kit.” – Kelly
Improving the lives of Oklahomans

Pathways to Success
Financial Management

16.7% of Oklahomans live below the poverty level and 11% have no bank account. Low-income adult participants gained valuable life skills. Evaluation data show 77% of participants are confident in their ability to stay employed and 50% will make a spending plan.

“Thank you for coming. I have laid out my long term goal to complete college and feel reassured of my plans.” – Malone

Reality for Teens
Improving Children’s Lives

16,636 deaths from injury occurred in Oklahoma in 2016. Rural youth learned about issues such as human trafficking, self-defense, and drunk driving. Evaluation data show the drunken goggles hands-on activity and victim’s panel had a strong impact on future decisions in participants.

“With the (drunken) goggles it was a hands-on, eye opening experience. The self-defense really has me realizing what I need to do before college and the human trafficking and victim’s impact panel made me realize what is going on around me.” – Participant

Co-Parenting for Resilience
Protecting Our Resources – Family Life

Oklahoma ranks third nationally for number of divorces. Divorce increases the risk of negative outcomes in youth. As a result of the program, 69% of participants committed to communicating directly with their co-parent and not involving their child in such matters.

“I learned different things I can use to help myself and my co-parent to provide the best life we can for our child. I learned that my child needs me as much as I need him.” – Tom

Oklahoma Home and Community Education, Inc. (OHCE)

Through its relationship with the Family & Consumer Sciences 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. In 2016, the inaugural year of the Master FCS Volunteer, 36 OHCE members successfully completed the training to become Master FCS Volunteers.

OHCE group impacts:

- OHCE raised funds for scholarships and community service projects.
- OHCE groups assisted county offices with fund raising.
- OHCE provided programs for young readers to increase literacy among children.
- OHCE groups helped to reduce hunger among Oklahomans through volunteering and donating to local food banks, and through programs such as “Drive by Fruiting” (designed to help elderly and home-bound Oklahomans by delivering fresh fruits and vegetables).
- OHCE groups raised awareness of the need for family emergency planning, including providing kits and information for weather emergencies.
- OHCE groups promoted involvement in cultural projects, and preservation of the past.

OHCE has a total membership of 3,723 across Oklahoma*

Northwest District

832 members

Southwest District

1,030 members

Southeast District

667 members

Northeast District

1,194 members

*Membership count as of July 1, 2016

For more information about Family & Consumer Sciences, visit fcs.okstate.edu
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