Family & Consumer Sciences educators are dedicated to working towards increasing the number of Oklahomans maintaining or improving their health through safe and healthy food and physical activity choices.

**Individual Outcomes:**

**Increase:**
- Fruit consumption
- Vegetable consumption
- Whole grains consumption
- Low-fat calcium rich food and beverage consumption
- Physical activity
- Food prepared at home
- Food preparation skills
- Safe food handling practices
- Safe food preservation practices

**Decrease:**
- Foods and beverages high in added sugar
- Foods high in sodium
- Foods high in saturated fat

**Why is this an issue in Oklahoma?**

Five percent of Oklahomans are diagnosed with heart disease and 12% with diabetes. In addition, 34% of Oklahomans are obese and 35% are overweight.

Poor nutrition and limited physical activity contribute to Oklahoma’s poor health ranking of 46th in the nation. Half of Oklahomans report eating fruit less than one time per day and 25% report eating vegetables less than one time per day. In addition, 33% of Oklahomans report not participating in any physical activity.

**Societal Outcomes**

- Increase access to safe, affordable and healthful foods
- Increase community opportunities for physical activity
Health Programs Available

Nutrition
- Organ Wise Guys
- Growing Strong Bodies and Minds
- Discover MyPlate
- Serving Up MyPlate
- Nutrition Voyage
- MyPlate for My Family
- Faithful Families Eating Smart and Moving More
- Eat Healthy, Be Active
- Journey through Health
- Nutrition for Older Adults
- Eat Smart, Live Strong
- Live well, Eat well, be Active with Diabetes

Food Preparation and Preservation
- Teen Cuisine
- Put it Up!
- Cooking for One (or Two)
- Healthy Living A-Z
- Recipe Modification
- Does Climate Change Your Plate
- Wild Game Food Safety
- Food Safety for Seniors
- Home Food Preservation

Physical Activity
- Arthritis Foundation Exercise Program
- Walk with Ease
- Tai Chi: Moving for Better Balance

Contact your local Extension Educator to schedule a Health Program. To learn more, visit fcs.okstate.edu

Partners
- Local County Educators
- OSU Extension Specialist
- Program Advisory Committee
- Various partnering organizations

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