FCS PAC SUMMARY—November 2007

NW District

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Issues Identified

Human Nutrition & Health
- (9) Obesity & Overweight/Poor Dietary Choices (Woodward #1); Poor Diet—too much pop, candy, chips, etc (Kay #1, ranked within base program area); Overweight & obese children; Making more nutritious food choices (Blaine #1 & 2); Eating healthy on the go (Dewey); Childhood obesity/nutrition (Grant #1); Poor dietary intakes/obesity & overweight (Woods #1 & 2); (Garfield #1); (Ellis #1); including overeating (Logan #1)
- (7) Diabetes (Woodward #2); Diabetes risk for youth (Major #2); Increasing number of population with diabetes (Blaine #4); (Woods #3); (Garfield #2)
- (6) Substance Abuse(Kingfisher #1); Underage drinking & Parents drinking & providing alcohol for youth (Dewey #1); Use of drugs and alcohol among young people (Major #1); Underage drinking, smoking/poor lifestyle choices (Woods #2); drug abuse & awareness (Alfalfa County #5); teen tobacco usage (Texas #3)
- (6) Lack of exercise, especially among youth/schools continue cutting recess time (Kay #3); Lack of exercise among all citizens (Major #1); Healthy Living/diet & exercise (Grant #2); (Garfield #3); (Ellis #2); all ages, especially children & elderly (Logan #3)
- (3) Heart Disease (Woodward #3); Heart disease & death rate (Woods #4); Women’s Heart Health (Beaver #3)
- (3) Food Safety (Woodward # 4); (Beaver #4); in the home (Logan #2)
- Life Skills in schools (budgeting, parenting, meal prep, balancing work and family) (Kingfisher #2)
- Life Skills taught in the workplace (Kingfisher #3)
- (2) Nutrition (Kingfisher #5); Healthy eating (Beaver #2)
- (2) High number of children eligible for Sooner Care not using it (Kay #2); Take advantage of County Health Department (Grant #3)
- (2) Poor health in general among all citizens (Major #3); Increased physical healthy & mental health of residents (Blaine #3)
- (2) Immunization Awareness and Compliance (Beaver #1); Address options for receiving flu vaccinations and child immunizations for county residents due to lack of Health Department in Alfalfa County. (Alfalfa #2)
- (2) Women’s Health programs/workshops (Alfalfa #1)

Comments and major actions suggested by PAC members
- (6) With schools, promote better food choices and increased physical activity to school age children; continue providing nutrition classes in the schools; Continue taking HO classes and information to schools
- (6) News articles on overweight issues, nutrition & (increased) activity targeting children and adults; Parents should be informed & encouraged to purchase healthy foods for themselves as well as for their children instead of consistently making fast food purchases.
- (4) Nutrition & Health programs; Healthy Eating Lunch & Learn sessions.
- (3) Newsletters; Walking newsletters; School newsletters
(2) Target women with heart disease programs emphasizing proper diet and exercise/partner with Wal-Mart’s Women’s Health Day; include Women’s Heart Health at Elder Fair
(2) Offer “Lunch & Learn” sessions to reach employed population, general population & OHCE; coordinate work site weight management and healthy lifestyles training.
(2) Work with “Catch” program for Health Educators; partner with OSDH Educators on various projects; work with Health Educator to have programs targeting teen tobacco use
(2) Walking Clubs; Wal-mart walking chart (?); organize family activities to promote walking and using walking trails;
Healthy snack foods/making good choices
Teach families to spend more time outside being active together.
Present programs to Sr. Centers, grade schools, Jr. high & after school; network with agencies related to older adults;
Reach low income families with ideas for inexpensive meal plans & cooking schools targeting food budgets.
Provide information by sponsoring Saturday morning workshops, and day & evening classes.
Provide programs, events and series of classes on related topics; for youth workshops, school enrichment and series of classes.
Provide information at county fairs and county craft shows
Provide information to schools on an as needed basis.
Provide life skills classes to county schools and businesses; Promote ONE program and encourage use of social services
Reach people where they are and give small “doses” of information
Provide recipes with food vouchers and at the grocery stores
Offer Media Smart Youth curriculum to schools
Anti-drug awareness programs in schools
Anti-alcohol awareness programs in schools
Anti-drug/alcohol news articles
Make sure county residents are aware of services available at Health Department
Provide handouts on food safety, nutrition, physical activity to child care center parents & providers including Headstart; provide session &/or booth at Advocates for Children Conference.
Provide related information to area churches and faith-based programs
Continue to provide OHCE lessons on related topics
Provide Food Service Training to food handlers at child care centers each 3-4 months or as needed.
Include immunization presentation at Child Care Providers Seminars
Continue with food safety programs for food handles & “Venison, From Field to Table”
Continue “Are you Supersizing Your Kids” event or forum for parents’ education
Offer a one-day program with a nurse or doctor speaking on Women’s Health (heart disease, breast cancer, sleep deprivation)/include a heart healthy luncheon w/recipes including desserts
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Issues Identified

**Family Resiliency**
- **(4) Aging Rural Population** (meeting housing and nutrition needs in self care) (Harper #1); (Ellis #1); explore options for assisted living facilities for older residents (Alfalfa #3) Providing care to an elderly or ill loved one (Logan #1)
- **(3) Teen Pregnancy** (Woodward #5); (Blaine #3); (Woods #1)
- **(3) Life Skills taught in the workplace** (Kingfisher #3); Life Skills program for men raising children alone (Kay #6); balancing demands of work & family (Logan #2)
- **(3) Single Parent Families, including youth fathers** (Kay #3); relationship skills for low-income, single parents (Garfield #2); father involvement in family life—greater need for fathers involvement in children’s life as so many fathers are not present (Texas #1)
- **(3) Communication** among two parent families—relationship, child discipline, priorities (Kay #4); family relations are unraveling/need ways to reconnect (Texas #2); Personal communication is lacking because of technology advances (Woods #3)
- **(3) Youth lacking responsibility**, commitment and decision making skills—Parents not modeling those skills (Dewey #3); Character education—teaching children right from wrong when so many adults are modeling poor choices (Logan #3); Poor outcomes for youth—drop-out rate, teen pregnancy, traffic fatalities, alcohol usage, juvenile crime (Kay #5)
- **(2) Life Skills in schools** (budgeting, parenting, meal prep, balancing work and family) (Kingfisher #2);  
- **(2) Early Childhood Education** (Kay #1—ranked within base program area); Pre-K parents not understanding age appropriate learning for preschoolers (Dewey #1)
- **Co-Parenting** (Kingfisher #4)
- **Parents leaving children home alone** when not in school (Dewey #2)
- **Parenting Classes** (Blaine #4)
- **Parenting issues for divorcing families** (Garfield #1)
- **Grandparents Raising Grandchildren** (Kay #2)
- **Internet Safety**—Children & Adults/Monitoring Internet—Adults (Blaine #1 & 2)
- **High Risk Behaviors** in Children & Youth (Harper #2)
- **Child Care Provider Training** (Harper #3)
- **Lack of self-esteem/gaining attention through negative behaviors** (Woods #4)
- **Bullying** issues for youth (Garfield #3)
- **Family meal times** have been lost—now being seen in Hispanic families too (Texas #3)

**Comments and major actions suggested by PAC members**
- **(4) Character Training Workshops;** Address ethnic audiences, both youth & adults to be included in character education programs teaching responsibility, accountability, respect & manners. Continue Manners/Etiquette programs for lower elementary classes; include character education topics in school newsletters, news articles, 4-H newsletters, etc.
- **(3) News letters & News articles/mass media and to targeted groups—schools, 4-H newsletter (via Parents’ Corner)**
(3) Continue Co-Parenting
(2) Provide information by sponsoring Saturday morning workshops, and day & evening classes; Provide education & educational materials.
(2) Increased resources for pregnancy prevention; support Baby Think It Over (BTIO) program
(2) Daycare Provider In-Service; Continue supporting child care educational needs through referral services, Caregivers Assn., Smart Start, etc.
School enrichment for youth/high risk behaviors
Offer “Lunch & Learn” sessions to reach employed population, general population & OHCE
Provide information at County Fairs and County Craft Shows
Provide information to schools on an as needed basis.
Provide life skills classes to county schools and businesses
Expand *I Can Problem Solve*
Work with those interested in needs of grandparents to offer services
Reach couples where they are and give small “doses” of information
Network with support groups for men meeting through churches
Parenting Classes; include anti-drug & alcohol awareness in parenting programs
Internet Safety Workshops
Continue to provide weekly “*Within My Reach*” sessions to TANF
Continue to offer bullying programs at county schools, day care providers trainings, YWCA and *Girl Power*
Conduct a series of lessons on family care giving covering home safety, care-giving skills, healthy eating and legal/financial issues.
Encourage 4-H members in Food & Nutrition to set up displays at grocery stores promoting family meal times
Continue *Fathers’ Boot Camp* program
Family Economic Well-being

- (4) Life Skills in schools (budgeting, parenting, meal prep, balancing work and family) (Kingfisher #2); Education for youth on financial matters (Grant #1); Economic illiteracy of youth concerning costs of raising a family (Garfield #1); young people do not have a good, clear understanding of the real world in terms of finances (Texas #2)
- (3) Budgeting/Prioritize spending—casinos and lottery taking toll on family budgets/use of pay day loans, etc (Kay #1—ranked within base program area); Financial basics (Grant #2); individuals do not understand the difference between “needs” and “wants” (Texas #1)
- (2) High use of credit cards by young people (Blaine #2); Excessive credit card debt (Garfield #3)
- (2) New financial literacy requirements by State Dept of Educ (Blaine #3); Financial institutions are concerned about financial literacy among residents including youth and the Hispanic population (Texas #3)
- (2) Financial Planning (Ellis #1); Women’s program/workshops on Financial Management (Alfalfa #1)
- Too many people under poverty level (need access to higher paying jobs; generational poverty, low level education; stretch dollars they do have/use of community services (Kay #2)
- Poor work ethics (Kay #3)
- Poverty among Senior Citizens (Kay #4)
- Long-Term Health Insurance & Nursing Home Costs (Major #1)
- Estate Planning (Major #2)
- Life Skills taught in the workplace (Kingfisher #3)
- High rate of bankruptcies (Blaine #1)
- Minority residents who are “unbanked” (Blaine #4)
- Identity Fraud (Garfield #2)
- Family Financial Insecurity (Ellis #2)
- Technology Updates for Women’s programs/workshops (Alfalfa #1)

Comments and major actions suggested by PAC members

- (5) Promote HSFPP; perhaps use it in some adult settings for adults with low educational level; (youth) workshops/school enrichment/series; offer to 4-H leaders to use as educational component in monthly meetings
- (4) Provide financial information to schools on an as needed basis; provide life skills classes to county schools and businesses; Provide “The Cost of Raising a Child Birth to Age 18” to high school FCS classes; Offer financial presentations & information to Jr. High age
- (2) Offer FEWB programs; educational programming/series of classes/events
- (2) Provide news releases; cover hazards of credit card debt and availability of credit reports to adolescents and young adults
- Offer “Lunch & Learn” sessions to reach employed population, general population & OHCE
- Provide information by sponsoring Saturday morning workshops, and day & evening classes.
- Provide information at county fairs and county craft shows
- Promote ONE program to new audiences (for budgeting/stretching resources benefits)
- Reach people where they are and give small “doses” of information
- Purchase resources (DVDs) for teachers & office use for financial education
- Continue Bankruptcy Classes
- Work with agencies that deal with finances
- Make information available to low income families
- Provide news articles, newsletter articles & presentations on Identity Fraud
- Ask the town’s Leadership Class to conduct a “Welcome to the Real World” one-day workshop
Issues Identified

Leadership & Family Policy

- (2) Promote tourism in the county (Grant #1); Tourism opportunities/Expansion information/GPS Tourism (Alfalfa #4)
- (2) Lack of volunteers/individuals do not volunteer out of fear, don’t feel adequate, need to be asked and spend their time watching too much television. (Texas #1); Encourage participation in community projects & events (Grant #3)
- Decision makers need to determine that families are important (Kay #1 within base program area)
- Business/industry needs to adopt family-friendly attitudes (Kay #2)
- Community needs more activities for children & families. Not enough places to take kids—need something like “Leonardo’s/Enid” or more activities at the library for children, etc. (Kay #3)
- Need more providers who accept Sooner Care and dentists who take young children. (Kay #4)
- Health care for adults (Need Sooner Care for adults). (Kay #5)
- Need better options for care of elderly (Kay #6)
- Sandwich generation needs assistance (Kay #7)
- Tax credit for elderly who hire help in their homes in an attempt to avoid nursing homes (Kay #6)
- Need higher paying jobs in our communities (Kay #8)
- Encourage patronage of county businesses (Grant #2)
- Need for increased community leaders, leadership and networking skills

Comments and major actions suggested by PAC members

- Continue supporting PRIDE programming in communities
- Share information about our community statistics with decision makers.
- Work/network with community groups
- Involve youth in community projects
- Continue to provide leadership training for OHCE, including educational programs, officer training, and encouraging them to assume leadership in their organization and through service &/or educational projects
- Increase awareness of tourism
- Via a local utility company billing stuffer (insert), focus on turning off the TV and volunteering/include the benefits of volunteering.