

# **FCS PAC SUMMARY—November 2007**

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# FCS PAC SUMMARY—November 2007

## NW District

### 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’ 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**/getting 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

## **FCS PAC SUMMARY—November 2007 NW District**

### **Issues Identified**

#### **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

## **FCS PAC SUMMARY—November 2007 NW District**

### **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.