Issues Identified

Human Nutrition & Health

- (5) Childhood obesity
- (5) Adult obesity
- (3) Diabetes education, cooking & support groups
- (3) Healthy Living Nutrition
- (3) Fitness Awareness
- (3) Teen Pregnancy
- (2) Elderly health and nutrition issues
- (2) Emergency preparedness
- (2) Lack of Basic Food Preparation Skills among parents
- (2) Poor nutrition habits among families / basic nutrition
- (2) Families and feeding kids
- (2) Family meal time
- (2) Food safety
- Drug Prevention and Awareness
- Women’s health issues
- Hispanic family needs
- Nutrition e-mail list
- Pre-teen health fair
- Promote healthier lunch program (schools, day cares and Head Start)
- Teach nutrition education to teachers at school and in day cares
- Educate kids about eating healthy
- Food demos for Farmer’s Market
- Food budgeting
- Employer based cooking healthy classes
- Educate families from DHS on healthy cooking
- Diet supplements

Issues Identified

Family Resiliency

- (8) Basic parenting education
- (4) Co-Parenting
- (3) At risk behaviors in youth / problem solving skills, asset building and social competency
- (2) Stress and time management
- (2) Drug and alcohol abuse awareness
- (2) Child and family abuse
- Sex and healthy relationship education for youth
- Establish youth conference similar to Girl Power and Wise Guys
- Develop hope and pride among youth, adults and families
- Parenting for all family structures
- Self-esteem
- Helping your child succeed in school
- Family values
- Multi-generational sharing events
- Educate Spanish speaking population on parenting issues
- Mental health issues in families

**Issues Identified**

**Family Economic Well-being**
- (10) Money Management / Budgeting Skills / credit issues – families and youth
- (3) Life skills / job readiness
- (2) Work Ethic
- (2) Credit card debt
- E-Commerce usage in SE Oklahoma
- 1st time homebuyers
- Working with mental health officials-financial education
- Gambling/homelessness
- Retirement saving for young people
- Affordable housing

**Issues Identified**

**Leadership & Family Policy**
- Leadership development

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**SE District**

**Human Nutrition & Health**

**Comments and major actions suggested by PAC members**
- (6) Conduct a series of lessons focusing on nutrition and physical activity targeting youth in the school, alternative school, and after school programs
- (5) Cooking Schools (one is for diabetes)
- (4) Develop and submit articles for local newspaper and the FCS Newsline
- (2) KEDDO (elderly), ONE (Food Stamp Recipients, Choctaw Nation Salad Sisters (5th grade), Head Start Parents, low income families
- Offer a Childhood Obesity Awareness and Prevention in-service for school personnel
- Coordinate and teach on-going community basic food preparation and nutrition classes targeting parents with emphasis on quick and easy meal and portion control. Also to promote physical activity among families.
- Community Fitness Walking Competition
- Baby Think it Over – 4-H
- Quick recipes in newspaper
- Teach nutrition classes to school children
- Hispanic nutrition classes
- Health fair for 5th grades in county
- Co sponsor diabetes support meetings
- Continue JIFF Program in schools
- Healthy foods / cooking Lunch n Learn topics
- Color Me Healthy
Develop lessons with recipes for diabetes
Web page interaction
New nightly HCE group targeting young working women
MyPyramid workshops
Address Farmer’s market evening production calendar including working with bee keeper producers
Continue to work with Angel Food Program
Budgeting information for low income families
Partner with schools, housing authority, workforce system, DHS and HS
Market nutrition programs

Family Resiliency
Comments and major actions suggested by PAC members

- (4) Parenting programs
- (4) Co-parenting
- (4) I Can Problem Solve
- (3) Develop and submit articles for local newspaper and FCS Newsline newsletter addressing parenting/family issues such as handling peer pressures and developing healthy relationships.
- (2) High-risk parenting/behavior programs
  To provide parenting education targeting parents of Tweens using the Active Parenting Now curriculum covering these issues: Improve communication, teach responsibility and values, handling problems, coping with peer pressures (sex) and developing healthy relationships.
- Partner with county Adolescent Health Conference
- Character Critters
- Plan lessons on self-esteem and goal setting
- Work with DHS
- Web based information for very young parents
- 4-H Child care summer camp
- Lunch n learn topics about child abuse prevention
- Newspaper articles about prevention of child abuse
- Spanish parenting newsletter
- Partner with ministerial alliance for parenting classes
- Develop more Asset cards
- Create resource library

Family Economic Well-being
Comments and major actions suggested by PAC members

- (4) To conduct basic budgeting education targeting youth using NEFE High School Financial Planning Program: proper credit card use and balancing a checking/ATM account.
- (2) Basic money management workshops
- (2) Classes at DHS & Head Start on budgeting
- Monthly Employee Trainings/Staff developments
- Moving out field day
- Parenting classes at DHS on budgeting
- Implement Life Skills curriculum
- Alternative schools money camps
- Workshops on credit and credit scores
- Financial literacy coalition
- Career Tech networking
- Job readiness workshops
- Partner with banks, debt management agencies, Workforce Oklahoma
- Continue money camp for youth

**Leadership & Family Policy**

**Comments and major actions suggested by PAC members**

- Continue working with Leadership Love County