

FCS PAC SUMMARY— November 2007
SE District

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

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 Newslines 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