

# 2007 Program Advisory Committee Issue Identification for the Southwest District FCS

## Issues in Food Nutrition and Health

### **Food Preparation and Preservation:**

- Food Safety and Healthy Food Preparation (3)
- Basic cooking classes for beginners and men (2)
- Cooking classes preparing healthy foods

### **Nutrition Education and Physical Activity**

- Physical activities for families and youth (5)
- Exercise (3)
- Nutrition and Health for Limited Resources Families (2)
- Nutrition and exercise classes (2)
- Community Events to promote physical activities (2)
- Nutrition and Life Skills for Incarcerated Persons
- Healthy lifestyles and exercise for older adults

### **Obesity and Other Health Related Issues**

- Poor Dietary Intakes, Uninformed Choices and related Health Problems (9)
- Cooking and nutrition classes for Diabetics, target youth and adults (6)
- Alcohol, Tobacco, Smokeless Tobacco, Meth production, especially for youth (6)
- Obesity (7)
- Healthy lifestyles to prevent childhood obesity (6)
- Too Many High Calorie low nutrient foods available to children
- Importance of Families Eating together
- Heart Disease and High Blood Pressure (5)
- Cancer and youth tobacco use
- Cancer Prevention (2)
- Using Medication Safely for Seniors
- Accidental injuries including head trauma
- Lead Poisoning

### **Actions Suggested for Food Nutrition and Health Issues:**

- Promote smoking prevention in schools. "24/7 Tobacco Policy in Schools"
- Safety Education - Meth Education at Farm Safety Days
- Screen for lead poisoning
- Teach portion sizes to youth and adults in cooking classes
- Nutrition articles, Health Fairs, Afterschool nutrition classes at Head Start and Tribal facilities.
- CCIC project "Walking Trails"
- Speak to parents groups promoting good nutrition and physical health
- Market the CNEP program

Continue working with schools to provide nutrition education and physical activity lessons  
Offer cooking seminars w/hospital or churches as partners  
Conduct day camps and workshops on Nutrition Health and Exercise for youth  
Encourage more community walking trails  
Conduct health seminars for senior adults with community partners  
Conduct diabetes classes for minority groups targeting elderly and youth  
Supply healthy recipe booklets to Angel Food Project  
Provide take home "Parent Pages" to increase parental awareness

## **Issues in Leadership and Family Policy**

### **Leadership in Government**

Personal rights, especially voting  
Understanding of local, county and state government functions and citizens roles

### **Leadership in Communities**

Citizen Advocacy in communities  
Promote the development parks and recreational centers for communities  
Promote Big Brother and Big sister programs in counties.

### **Actions suggested for Leadership and Family Policy Issues:**

Conduct youth career day in elementary schools

## **Family Economic Well-being**

### **Home Ownership**

Home Buyer Education, purchasing and budgeting (5)

### **Financial Basics**

High school financial education to meet HB1476 (6)  
Youth and Young Parent Money Management Skills (6)  
Basic budgeting, money management, the importance of savings (3)  
Costs of Credit, Reading a Credit Report (2)  
Financial Literacy (2)  
4-H Consumer Education program, with training in financial products and savings.  
Family Financial Insecurity (2)  
Children and Money  
Differences in Family Economics Philosophy  
Wise Investing

### **Consumer/Community Awareness**

Economic responsibility, Business Opportunities and Jobs (6)  
Gambling (2)

Food Budgeting and Food Storage (2)  
Recalls – purchasing American made products  
Economic Development

### **Actions Suggested for Family Economic Well-being Issues:**

More publicity about all aspects of financial education opportunities with OCES  
Provide HSFP curriculum for high schools  
Provide programs and news articles on gambling addiction  
Work with PowerPay program and assist Bankruptcy clients  
Partner with Rural Development to assist businesses

## **Family Resiliency**

### **Relationships**

Family Unity – particularly shared meal times (3)  
Fatherhood and positive male involvement (2)  
PREP Classes  
PREP Classes for adoptive and foster parents  
Military Deployment  
Positive social activities for single parents

### **Parenting Skills**

Grandparents Raising Grandchildren (6)  
Prevention of child abuse and neglect (5)  
Parenting skills for young parents (2)  
Discipline for young children and youth (2)  
Community activities for families and youth (2)  
Parenting classes at non-traditional sites (housing and transitional housing sites)  
Family Lifestyle Choices and how children are affected

### **Communications**

Anger Management, Marriage and Family and Youth Communications (4)

### **Personal Development**

Character Development  
Avoidance of Abuse, especially Physical Abuse  
Mental Health

### **Youth Issues**

Reduce High Risk Behaviors in youth (3)  
Suicide and Depression Education for Teens (3)  
Teens living independently of parents (2)  
Afterschool child care  
Teen Pregnancy  
Internet Safety  
Manners for youth of all ages

### **Suggested Actions for Family Resiliency Issues:**

- Pursue coordinated, comprehensive school health services**
- Develop a program on basic parenting skills**
- Develop a network of resources allowing individuals greater access to information on domestic abuse and special needs children.**
- Take an active part in Drug Court for positive changes in lifestyles.**
- Promote trainings on suicide prevention with signs, symptoms, etc.**
- News Articles addressing issues of child safety from internet predators**
- Co-parenting classes**
- Promote Healthy Marriages**
- Teach relationship skills**
- Continue training in the Within My Reach classes**
- More training on Military Deployment and support for those families**
- Offer parenting classes for limited resource families.**
- Provide Parent-Child relationship classes**
- Provide Bullying Classes**