



EXTENSION

Oklahoma State University Extension Service

Megan Monteith,
DrPH

Kelsey Ratcliff

AGENDA

What is the Extension Service?

What educational programs does the
Extension Service offer?

How do I access or request Extension
Education programs?

Introduction

3



Megan Monteith, DrPH
Family and Consumer Sciences Area
Specialist in Health Disparities
West District, South Area



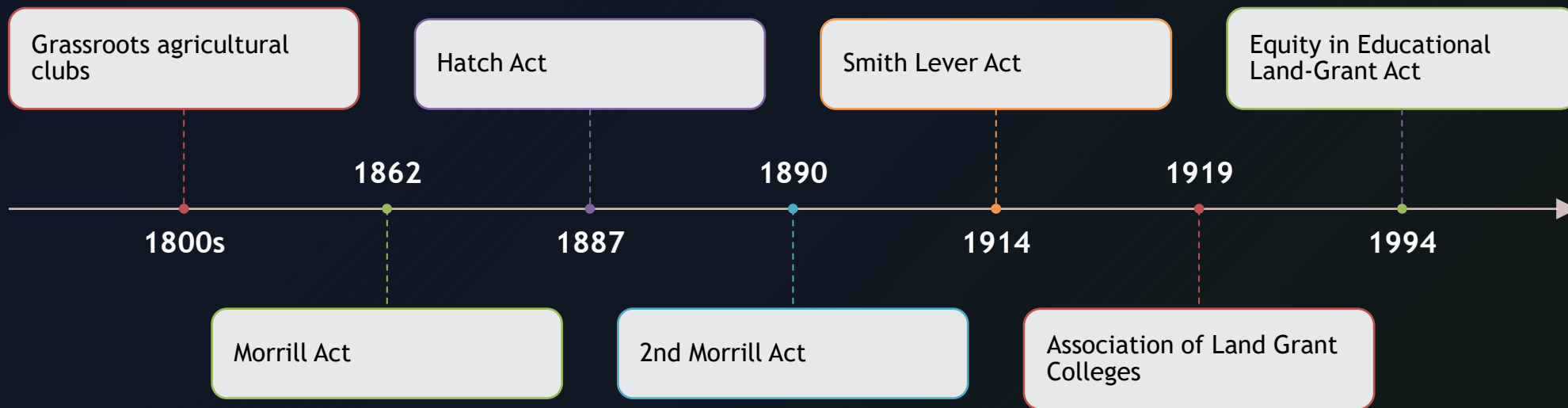
Kelsey Ratcliff
Family and Consumer Sciences Area
Specialist in Health Disparities
Southeast District

The background features a large, light beige circle in the center. To its right is a ring composed of two segments: a reddish-brown one and an orange one, surrounding a black circle. The background is also composed of various colored rectangular and triangular blocks in shades of blue, black, green, and red.

What is the Extension Service?

Land-Grant University

5



Oklahoma is Unique

6

Oklahoma State
University



1862

Oklahoma State University Extension Service

Langston University



1890

College of the
Muskogee Nation



1994

Practical, research-based knowledge for improving lives and communities

7

- From all 77 counties, OSU Extension is dedicated to improving lives and communities by offering educational programs, services and resources to all Oklahomans.



Extension Program Areas

8

Agriculture

Crops
Gardening and Lawn Care
Insects, Pests, and Diseases
Livestock
Pastures and Forage
Pets
Wildlife

Family and Consumer Sciences

Aging and Caregiving
Cooking and Food Safety
Home Care and Safety
Personal Money Management
Health, Nutrition, and Wellness
Parenting and Family Relationships

4-H Youth Development

Animal Science
ATV
Civic Engagement
Design and Construction
Environmental Science
Communication and Expressive Arts
Leadership
Personal Development
Shooting Sports



What education programs
does the Extension Service
offer?

9

Family and Consumer Sciences

10

Health and Hunger
Safety and Environment
Finances and Job Readiness
Family and Child Resilience



Oklahoma State University Extension Service

Health and Hunger

11

○ Diabetes Prevention Program

- Prediabetes
- 1 year program
- Lifestyle change

○ LEAD

- Diabetes
- 4 weeks
- Nutrition and exercise

○ Steps to a Healthy You

○ Cooking for One (Or Two)

○ Home Food Preservation

○ Food Safety

Oklahoma State University Extension Service

○ Journey Through Health

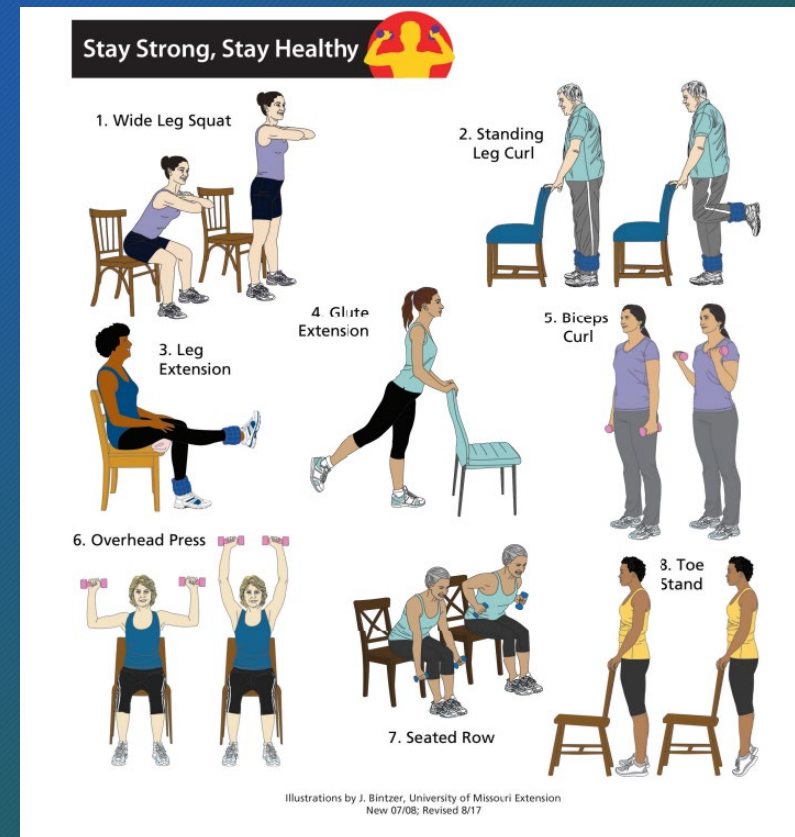
- Health throughout the body
- 12 sessions



Safety and Environment

12

- Stay Strong Stay Healthy
- Emergency Preparedness
- Healthy Homes Solutions
- Keys to Embracing Aging
- Tai chi
- Walk with Ease



Finances and Jobs Readiness

- Poverty Simulation
- PRIDE
- Barn Quilt Workshops
- Check and Balance
- Homebuyer Education
- Job Readiness
- Pathways to Success
- Money Habitudes
- Reality Check
- Retirement Ready

Oklahoma State University Extension Service



Family and Child Resilience

14

Mental Health First Aid

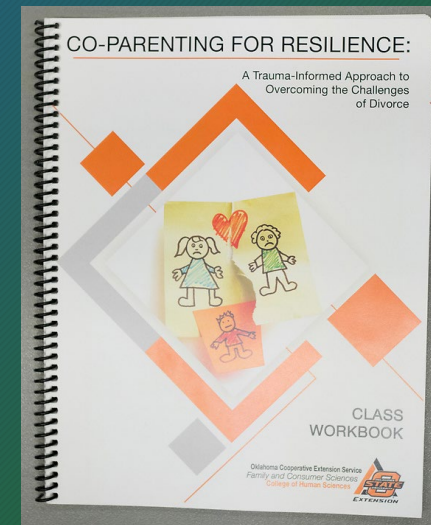
- In-person, blended, or virtual
- Become an “expert noticer”

Co-Parenting for Resilience

- Parenting through a divorce
- Oklahoma law requirement

Active Parenting

- First Five Years
- 5-12
- Teens





How do I access or
request Extension
Education programs?



County
Offices



Extension Calendar



SUMMARY

18



Oklahoma State University Extension Service



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

THANK YOU

Questions?

Contact Us!

20

Megan Monteith  @osuextensionhealthdisparities
Area Specialist  @OKHealthDisparitiesOSU
Family and Consumer Sciences / Health Disparities
West District South Area

OSU Extension **O 580.255.0510**
Stephens County Office **F 580.255.0442**
2002 S. 13th St. **C 405.532.3909**
Duncan, OK 73533 **megan.monteith@okstate.edu**

 | OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

Southwest Oklahoma

Kelsey Ratcliff  @osuextensionhealthdisparities
Area Specialist  @OKHealthDisparitiesOSU
Family and Consumer Sciences / Health Disparities
Southeast District

OSU Extension **O 580.927.2262**
Coal County Office **F 580.927.2287**
1501 S. Broadway **C 918.916.1103**
Coalgate, OK 74538 **kelsey.ratcliff@okstate.edu**

 | OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

Southeast Oklahoma