



Coalition Newsletter

VOLUME 1 ISSUE 4

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SPECIAL POINTS OF INTEREST:

- Top Ten Reason to Eat Fruits and Vegetables
- Kiowa County Fair
- T-Set Grant
- ACMI House Program
- Hobart's Pumpkin Palooza



Tips to avoid unhealthy weight-loss scams

With nearly two-thirds of Americans considered overweight or obese, many people would love to have some sort of magic potion that would help the dial on the bathroom scale spin in the opposite direction and lose those unwanted pounds. Unfortunately, and despite numerous television commercials and print advertisements saying it is true, a magic cure simply does not exist, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist. "Just about everywhere you look you'll find products claiming consumers can lose 30 pounds in 30 days, or eliminate a certain food group to shed the pounds effortlessly, but it doesn't work that way," Hermann said. "The weight didn't come on overnight, and you're not going to lose it overnight. It'll take work and dedication."

These types of cure-all products have been around for hundreds of years and continue to attract people looking for an easy way to improve their overall health. The Food and Drug Administration considers any product to be fraudulent if it is misleadingly promoted as being effective against a disease or health condition but has not been scientifically proven safe and effective. Hermann said it is important for consumers to realize not only do many of these products not work and can be very expensive, but they also could cause serious health problems.

"As recently as January 2015, the FDA reported finding weight-loss products containing the ingredient sibutramine. This was the active ingredient in the prescription weight-loss drug Meridia, which was pulled from pharmacies in 2010 after studies showed it was associated with an increased risk of heart attack and stroke," she said. It can be very difficult to understand tricky

marketing ploys geared toward people who are looking for a quick fix, but there are a few common threads consumers should be wary of.

Be wary of products that use a lot of personal testimonies or those that claim to be all natural. Also, steer clear of products that promise a quick fix or claim users can lose a lot of weight in an unrealistic time frame. If it sounds too good to be true, just walk away. Hermann also said be cautious of products that claim to be miracle cures thanks to a scientific breakthrough, secret ingredient or new discovery.

"To lose weight you have to burn more calories than you take in. The best way to do this is through a combination of healthful eating and regular physical activity," she said. "Make small changes toward more healthful eating. Reduce your intake of foods and beverages high in solid fats and added sugars. Increase your intake of fruits, vegetables, whole grains and fish. Also, keep a close eye on serving sizes. Aim for 150 minutes of moderate physical activity a week, such as 30 minutes, five days a week. Be sure to check with your doctor before starting a weight-loss plan."

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Red Rock Behavioral Health Services



Kiowa County Health Department



Top Ten Reasons to Eat More Fruits and Vegetables

10. **Color and Texture**-Fruits and vegetable add color and texture to your plate.
9. **Convenience**- Nutritious in any form- fresh, frozen, canned, dried and 100% juice
8. **Fiber**- Fruits and vegetables provide fiber that helps fill you up and keeps your digestive system happy.
7. **Low in Calories**- Fruits and vegetables are naturally low in calories.
6. **May Reduce Disease Risk**- Eating plenty of fruits and vegetables may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. **Vitamins and Minerals**- Fruits and vegetables are rich in vitamins and minerals.
4. **Variety**- Fruits and vegetables are available in an almost infinite variety. There's always something new to try.
3. **Quick, Natural Snack**- Fruits and vegetables are nature's treat and easy to grab for a snack.
2. **Fun to Eat!** Some crunch, some squirt, some you peel, some you don't, and some grow right in your own backyard.
1. **Taste Great!**



KIOWA COUNTY FAIR SEPTEMBER 10-12, 2015 KIOWA COUNTY FAIRGROUNDS

Thursday, September 10

12-6p.m All entries accepted, Exhibit Building

6-8p.m. Livestock entries accepted in barn

7 p.m. Judging of entries

Friday, September 11

9a.m.-5p.m. Exhibit Building Open

Children's Barnyard Open

1-4 p.m. OSU Entomology Insect Zoo

5-7 p.m. Pulled Pork Sandwich Dinner- Sponsored by American Legion

Saturday, September 6

7-10 a.m. Pancake Breakfast- Sponsored by Hobart Lions Club

9 a.m. Livestock Show- Swine, Sheep, Goat and Cattle

9 a.m. Kiddie Tractor Pull

10 a.m. Frog Jump and Turtle Race

11 a.m. Money Scramble- Sponsored by Hobart Farm and Garden

12 p.m. Exhibits released from the fair.

See you at the FAIR!



Family and Consumer Sciences

TSET HEALTHY LIVING PROGRAM FOR CADDO AND KIOWA COUNTIES BEGINS

Great Plains Youth & Family Services, Inc., awarded five-year grant program to help local residents ‘eat better, move more and be tobacco free’

The TSET Healthy Living grant program in Caddo and Kiowa Counties is underway.

The Oklahoma Tobacco Settlement Endowment Trust (TSET) Board of Directors recently awarded \$300,000 to Great Plains Youth & Family Services, Inc. (GPYFS) for the first year of a new five-year TSET Healthy Living grant program that took effect July 1.

The five-year community grant program aims to prevent and reduce tobacco use and obesity by working with key public and private sectors within local communities. TSET awarded a Healthy Living grant to GPYFS to work in partnership with businesses, cities and governments, schools, community institutions and organizations in Caddo and Kiowa Counties.

“This is an exciting time because with the TSET Healthy Living grant, we can create opportunities in Caddo and Kiowa Counties that make the healthy choice the easy choice where we live, work, learn and play,” said Kody Suanny, GPYFS executive director. “We look forward to working with local business owners and managers, city officials, nonprofits and school and community leaders to make that happen.”

The TSET Healthy Living program takes an integrated approach to addressing Oklahoma’s leading causes of death – cancer and cardiovascular disease – by preventing and reducing tobacco use and obesity. In May, the TSET Board of Directors approved the award of \$14 million for 50 community-based Healthy Living grants that will cover 63 counties.

Caddo and Kiowa Counties had a CX grant from TSET in tobacco control since 2007 and physical activity and nutrition since 2011.

The Healthy Living program builds on lessons learned from more than a decade of TSET community-based grants. The new program was designed with the best research available, previous evaluation results, input from existing grantees, partner organizations and nationally recognized experts.

“Over the past decade, we have seen measureable results from the work of community grantees, as coalitions of passionate individuals and organizations have worked together to make a difference for today’s youth and future generations of Oklahomans,” said TSET Executive Director Tracey Strader. “Thanks to these and other efforts at the local and state levels, youth smoking has been cut in half, adult smoking is at an all-time low and obesity in our state has leveled off.”

TSET is launching the Healthy Living community grant program as it celebrates the 15th anniversary of a voter-approved state question in 2000 that created the endowment trust. Funded by a portion of the tobacco industry’s payment to the state as part of the 1998 Master Settlement Agreement, the endowment trust is a long-term strategy to improve health. Only the earnings from the endowment are used to fund grants and programs.

ACMI HOUSE PROGRAM

Serving Jackson, Harmon, Tillman, Kiowa and Greer Counties

The **VISION** of ACMI House is to eliminate Domestic Violence, Sexual Assault and Stalking in the ACMI House service area.

The **MISSION** of ACMI House is to provide services to victims of Domestic Violence, Sexual Assault and Stalking and to educate the community of these crimes.

The ACMI House is committed to helping victims of violence acquire the information, resources and skills necessary to take control over their own lives and encourage victims to consider all options. We are committed to ongoing support services to victims. 580-482-3800 or 1-800-466-3805



Pumpkin Palooza/Pumpkin Chunkin' Festival – 2015

Oklahoma's only Pumpkin Chunkin' Contest is held in Hobart, Oklahoma, on Saturday, October 17th. The winners of the Chunkin Contest will be considered as Oklahoma State Champion Pumpkin Chunkers.

The Hobart Main Street Program will be holding the 8th Annual Pumpkin Palooza/Pumpkin Chunkin' Festival on the courthouse square, and the chunkin' contest will be 2 miles east of Hobart at the corner of Ozark Trail and State Highway 183.

The Pumpkin Palooza part of the day will consist of the Lil' Mr. & Ms. Pumpkin Palooza Pageant beginning at 10 am at the Gazebo on the courthouse square. The games and contest will begin at 10:30, and tickets can be purchased for the games at the ticket booth. All of the games will consist of using pumpkins. The games include Pumpkin Rollin', Pumpkin Stackin', Pumpkin Relay, Pumpkin Balancin', Pumpkin Bowlin', Pumpkin Bocci, Pumpkin Pitchin', Pumpkin Bake-off, Biggest Home Grown Pumpkin, and Pumpkin Paintin'. The games will continue until 1 pm. Prizes will be awarded to the winners of each event. The Pumpkin Chunkin' Contest will begin at 2 pm. There will be 10 – 15 different chunkin' contraptions from mechanical contraptions (catapults and trebuchets) and air cannons, which will shoot 10 pound pumpkins up to 3,500 feet. The chunkers will compete for \$3,200 in prize money and will shoot for accuracy and distance. Also, the chunkers will have an opportunity to shoot at a target for a Hole-in-one cash prize of \$5,000. After the shooting is done, spectators will be given the opportunity to shoot a pumpkin from one of the chunkers.

There will be a pumpkin patch set up with 150 pumpkins each with a different number painted on the bottom of the pumpkin. After all the corresponding numbered tickets are sold for \$10 each, someone will be chosen to go out into the pumpkin patch and pick out five pumpkins. The first pumpkin's number will be worth \$300, the second pumpkin - \$200, the third pumpkin - \$100, and the fourth & fifth pumpkin - \$50 each. Everyone buying a pumpkin from the pumpkin patch will get to keep their pumpkin to take home.

This is the eight year that Hobart has held the Pumpkin Palooza/ Pumpkin Chunkin Festival and is continuing to grow in size and popularity. More and more people are coming out to see the pumpkin fly across the southwest Oklahoma countryside.

The big guns (cannon) shoot the pumpkin so high and far, sometime the pumpkin go out of sight.

The event was inspired by the Hobart Main Street Program in order to have an event that is fun and entertaining and would provide additional funds for the operation of the program. We wanted to develop a signature event that could continue to grow and get bigger each year and provide the public, of all ages, an opportunity to participate in a fun packed day of activities.

There will be food vendors and craft vendors to set up for people to enjoy eating some great good and do some shopping as well.

The merchants in the downtown area of Hobart will be open during the day for antiquers and shoppers.

Come out on Saturday, October 17, for a fun day that I guarantee you will enjoy. You will be amazed at how far pumpkins can fly over the countryside.

Kiowa County Coalition

c/o Great Plains Youth & Family Services

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