

Safe Water, Healthy Families: Exploring Water Insecurity And Nutrition In Rural Oklahoma

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Summary:

Access to clean, reliable water is essential for family health, yet many rural communities in western Oklahoma face ongoing challenges due to aging infrastructure, economic strain, and a heavy reliance on local aquifers. This project investigates how limited or unsafe access to water affects everyday food preparation, nutrition, and household routines among families, particularly those with young children, in Greer, Harmon, and Jackson counties. Through community-guided interviews and participatory photovoice activities, the study will capture residents lived experiences and identify practical, locally driven solutions. Findings will help Extension personnel and community partners develop targeted resources such as water safety guidance, filtration information, and hands-on nutrition and food preparation programs, ultimately strengthening water and nutrition security and improving the health and resilience of rural Oklahoma families.