



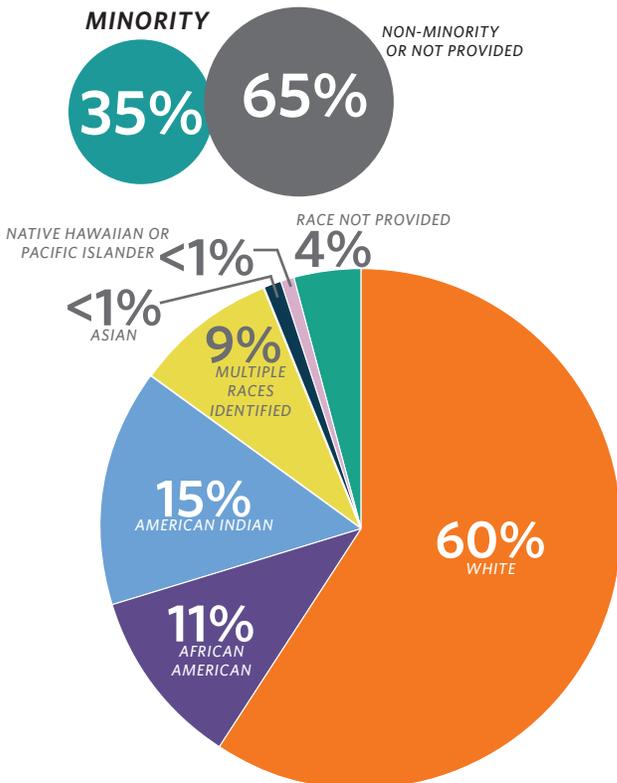
2017 IMPACTS: OKLAHOMA EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

EFNEP is a nutrition education program delivered by the Oklahoma Cooperative Extension Service funded through USDA-NIFA. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety and physical activity. In 2017, EFNEP reached **1,443** adults and **25,229** youth directly and nearly **5,433** family members indirectly.

91% Percentage of adults improving their diet

REACHING DIVERSE POPULATIONS

At least **35%** of all EFNEP adults are minorities.



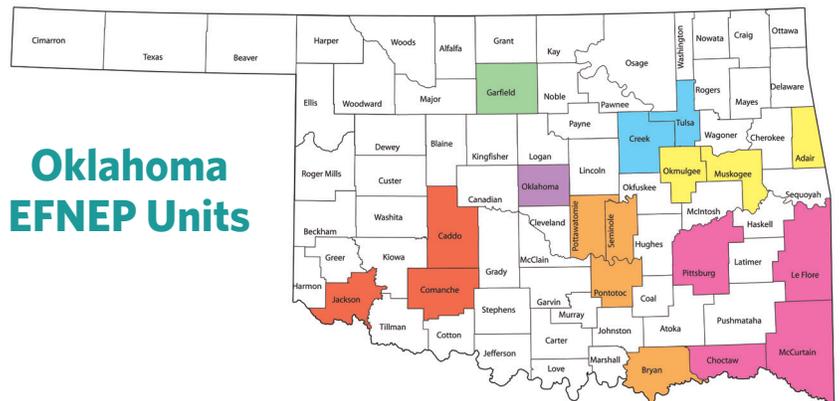
*13% of the above reported HISPANIC OR LATINO ORIGIN

DEFINING THE PROBLEM

Obesity, poor nutrition, and limited physical activity are significant health concerns in Oklahoma. Poor health disproportionately affects minority and low-income populations. Additionally, these populations experience limited educational opportunities and resources.

YOUTH SERVED

A series of nutrition education classes called *Food & Fun for Everyone* was delivered to **25,229** low-income youth in Oklahoma. *Food & Fun for Everyone* covers the concepts of MyPlate and healthy eating, the importance of handwashing, and promotes physical activity. Participating K-5th grade students received a total of **3,882** hours of nutrition education through school enrichment programs and short-term educational activities.



Oklahoma EFNEP Units

- Comanche Unit**
Caddo, Comanche and Jackson counties
- Okmulgee Unit**
Adair, Muskogee and Okmulgee counties
- Kiamichi Unit**
Choctaw, LeFlore, McCurtain and Pittsburg counties
- Pontotoc Unit**
Bryan, Pontotoc, Pottawatomie and Seminole counties
- Northwest Unit**
Garfield County
- Tulsa Unit**
Creek and Tulsa counties
- Oklahoma Unit**
Oklahoma County



By the third week, an adult participant shared things she was trying to change: She drinks less soda, she started to eat more vegetables, she walks her neighborhood, when she eats out, she skips a lot of the sugary or starchy foods and gets more vegetables, she is cooking healthier meals and eating at home more. —Northwest unit

Students started talking about healthy choices at every single lunch time. One student would only eat chicken nuggets for the first six weeks of a teacher's class. During the youth nutrition program, the NEA brought a food tasting and this student tried and ate the new food served. The teacher "really likes seeing [her] students go by the food cart and name the foods as fruits or vegetables." —Comanche unit

After learning about food safety and how important it is, the participant tells us that she does not thaw food on the counter any more. She has also started thinking about making healthy choices when she plans meals for her family and has started reading food labels. —Oklahoma unit

DIET/NUTRITION
FOOD SAVINGS
FOOD SAFETY
PHYSICAL ACTIVITY

CHANGING ADULT BEHAVIOR

90%

Percentage of adults improving **nutrition** practices

85%

Percentage of adults bettering **food resource management** practices

54%

Percentage of adults improving **food safety** practices

34%

Percentage of adults increasing their **physical activity levels** by 30 minutes or more

INFLUENCING YOUTH

75%

Percentage of youth increasing knowledge or ability to choose **healthy food**

25%

Percentage of youth increasing frequency of **fruit consumption**

41%

Percentage of youth improving **food safety & preparation** knowledge or practices

23%

Percentage of youth improving **physical activity** knowledge or practices

INVESTING IN THE SOLUTION

EFNEP brings together federal, state, and local resources to target two primary audiences: low-income families with young children and low-income youth. The program operates in **18** counties throughout Oklahoma, providing **52** job opportunities to local citizens, which contributes more than **\$1.1 million** to the state economy in salary and benefits.

Teaching low-income youth about healthy eating has a positive impact on growth and development and promotes improved school performance.

WHY IT WORKS

EFNEP educators follow a research-based learning model that allows them to effectively reach and educate program participants. Educators are

- **members of the communities** they support;
- **trained/supervised** by university and county-based faculty;
- **skilled** in using hands-on, interactive teaching methods;
- **committed** to delivering research-based instruction;
- **able** to influence changes in behavior and impact the lives of those they teach; and
- **dedicated** to reaching diverse, low-income populations.

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COMMUNITY SUPPORT

In 2017, **976** community volunteers committed **5,678** hours in support of the EFNEP mission for an estimated dollar value of **\$125,370***.

*Independent Sector valuation

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