



ISSUE STATEMENT

Food Insecurity and Hunger in Oklahoma.....

- Oklahoma loses an estimated \$1.4 billion each year from hunger through illness, increased illness and decreased academic achievement alone.
- Among seniors receiving food through Oklahoma's Food Bank System, 45% report having to choose between buying food or paying for medicine or medical care.
- In 2012, 24.1% of children under the age of 18 lived in poverty.
- More than 55% of low-income families don't regularly plan meals before going to the store, and 34 % don't regularly use a written grocery list.
- During SFY2012, Supplemental Nutrition Assistance Program participation increased nearly 4% more than the previous year and increased by 37% the amount distributed five years ago.

RESPONSE

CNEP Serves Oklahoma Adults.....

Through the Community Nutrition Education Programs (CNEP), OCES has leveraged state monies to provide more than \$2.7 million (FY13) in federal nutrition education program funds. This funding supports 75 jobs in 29 Oklahoma counties. CNEP is a voluntary program for adults participating in federal food assistance programs as well as impoverished youth in qualifying schools and communities. Program participants learn to feed their families in order to promote good health and to plan and budget their food dollars so their family will not go hungry at the end of the month.

Working through OCES county offices, teaching paraprofessionals, known as Nutrition Education Assistants (NEAs), coach participants during weekly lessons to build skills that enable them to stretch their family food dollars, plan and prepare more nutritious meals and increase physical activity. The research-based lessons involve hands-on learning experiences and can take place in participants' homes or in small group settings.

CNEP Serves Oklahoma Youth.....

CNEP educates Oklahoma youth on healthy food choices, safe food practices and physical activity with the purpose of reducing obesity and the associated risk of related chronic diseases.

IMPACT

CNEP Impact on Oklahoma Families.....

In FY13, CNEP had a positive impact on the health and wellness of 3,351 low-income Oklahoma families. More than 98% of adult graduates demonstrate a positive change towards a healthy diet. In addition, 43% of graduates less often ran out of food by the end of the month and 25% report that their children ate breakfast more often.

CNEP Impact on Oklahoma Children.....

- CNEP staff provided a total of 5,305 hours of nutrition information on healthy eating practices, food preparation and food safety to 22,714 qualifying Oklahoma youth during the 2013 fiscal year.
- The majority of enrolled youth (18,407) were taught through school enrichment programs; while 4,307 children received their nutrition education through short-term community-based programs.

Cost-Benefit Analysis.....

In FY13, CNEP and OCES leveraged state monies to bring \$2.7 million in federal nutrition education program funds to the state. Based on a 2009 study, estimated potential health care savings associated with nutrition education programs similar to the CNEP were approximately \$20 million due to increased prevention of nutrition-related chronic diseases and conditions.

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