OUR PURPOSE

The Expanded Food and Nutrition Education Program (EFNEP) is delivered by the Community Nutrition Education Programs (CNEP), a service of the Oklahoma Cooperative Extension Service, using United States Department of Agriculture (USDA) – National Institute of Food and Agriculture (NIFA) funding. EFNEP strives to improve the nutrition and physical activity behaviors of low-income youth and families with young children.

THE PROBLEM

Oklahoma is ranked 47th in America’s health rankings¹
36.5% of Oklahoma adults are obese¹
5th
Oklahoma has the 5th highest rate of obesity for youth ages 10 to 17⁴
15.8% of Oklahomans live in poverty compared to 12.3% nationally⁵
16.2% of Oklahoma households are food insecure⁶
51.1% Oklahoma adults report eating fruit less than one time a day⁶
24.5% of Oklahoma adults report eating vegetables less than one time a day⁶
46.6% of Oklahoma adults report meeting the recommended amount of aerobic activity⁶
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WHAT WE DO

ADULT PROGRAM:

Fresh Start is a hands-on nutrition program that teaches adults valuable skills needed to consume a healthy diet and be physically active on a limited income. This program is taught by CNEP Nutrition Education Assistants (NEAs) to individuals or groups, and participants can enroll in either the short- or long-term program.

YOUTH PROGRAM:

The Food and Fun for Everyone curriculum for K-5th grade students is taught by CNEP Nutrition Education Assistants (NEAs) in- and outside school settings. This program, teaches youth about nutrition, food safety, physical activity, and body image.

WHY IT WORKS

NEAs follow a research-based learning model that allows them to effectively reach and educate participants. NEAs 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
- Dedicated to reaching diverse, low-income populations
Adult Make Big Changes to Influence Children

"During the lessons I had with the paraprofessional I learned so many skills and tips that I am already including at home. We are eating more meals at home as a family with fruits and veggies covering half our plates. My favorite lessons were making low sodium seasoning together to take home and trying out all the yummy recipes that I received at each lesson. Now I feel more confident when shopping for healthier groceries for my family to cook at home, because now I know how to read the nutrition label more efficiently. Having so many visual lessons caught my attention and stuck with me the most. Like the ones showing the amount of sugar in cereals and amount of fats in certain foods. Some were surprising but definitely an eye opener of what we are consuming on a daily basis. What I learned I can teach to my children and set a better example for them to follow in their nutrition. This was a great experience and I will be recommending it to families and friends."

– Tulsa Unit

Youth Participants

76% improved their abilities to choose healthy foods
22% improved their physical activity practices

Teacher Compliments Youth Program

“My kids have started to ask to do more activity on days they don’t have P.E. to reach their 60 minutes. They’ve also mentioned talking at home to parents about wanting their plate to have 1/2 fruits and veggies.”

– Oklahoma Unit

NEA Reports Youth Impacts

After the youth nutrition lessons, ALL of [the] students were able to name all 6 essential nutrients: fat, protein, carbohydrates, vitamins, minerals, and water and could provide information about their role in the body. [A] Student also [reported] trying to eat healthier foods more often such as “strawberries, bananas, broccoli, and peaches.” Another student [said], “Thank you for teaching us nutrition. I eat my veggies now all because of you.”

– Northwest Unit

The Outcome

29,889 EFNEP participants
4,313 Family members reached indirectly
13,434 Direct education lessons

Adult Participants

94% improved in one or more diet quality areas
(eating fruits & vegetables, drinking less sugary beverages, cooking dinner at home)
75% improved in one or more physical activity areas
(exercising for at least 30 minutes a day, making small changes to be more active)
80% improved in one or more food resource management practices
(comparing food prices, planning meals &/or making a list before shopping)
79% improved in one or more food safety practices
(washing hands before preparing food, not thawing frozen food at room temperature, using a meat thermometer)

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Investing in the Solution

In 2018, CNEP provided approximately 29 jobs to local citizens using USDA-NIFA funding, which contributed approximately $1.2 million to the state economy in salaries and benefits. Further, 909 community volunteers committed 5,179 hours in support of the EFNEP mission for an estimated dollar value of $127,870.⁷

Coordinator Information

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Sources:
¹ America’s Health Rankings. United Health Foundation. 2018 Annual Report.
⁴ Hunger Free Oklahoma, 2017.

Oklahoma Cooperative Extension Services
Education Programs
Community Nutrition Education Programs

2018 CNEP provided approximately $127,870 in support of the EFNEP mission for an estimated dollar value of $1.2 million to the state economy.

Further, 909 community volunteers committed 5,179 hours in support of the EFNEP mission. This publication, issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences and Natural Resources, by Programs and Activities, was printed at no cost to the taxpayers of Oklahoma.