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.

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.

REACHING DIVERSE POPULATIONS
At least 35% of all EFNEP adults are minorities.

- 60% WHITE
- 15% AMERICAN INDIAN
- 11% AFRICAN AMERICAN
- 9% MULTIPLE RACES IDENTIFIED
- 4% RACE NOT PROVIDED
- 1% NATIVE HAWAIIAN OR PACIFIC ISLANDER
- <1% ASIAN
- 35% MINORITY
- 65% NON-MINORITY OR NOT PROVIDED

*13% of the above reported HISPANIC OR LATINO ORIGIN

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

www.nifa.usda.gov/efnep

United States Department of Agriculture
National Institute of Food and Agriculture
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

<table>
<thead>
<tr>
<th>CHANGING ADULT BEHAVIOR</th>
<th>INFLUENCING YOUTH</th>
<th>INVESTING IN THE SOLUTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>90%</strong></td>
<td><strong>75%</strong></td>
<td><strong>Teaching low-income youth about healthy eating has a positive impact on growth and development and promotes improved school performance.</strong></td>
</tr>
<tr>
<td>Percentage of adults improving nutrition practices</td>
<td>Percentage of youth increasing knowledge or ability to choose healthy food</td>
<td></td>
</tr>
<tr>
<td><strong>85%</strong></td>
<td><strong>25%</strong></td>
<td></td>
</tr>
<tr>
<td>Percentage of adults bettering food resource management practices</td>
<td>Percentage of youth increasing frequency of fruit consumption</td>
<td></td>
</tr>
<tr>
<td><strong>54%</strong></td>
<td><strong>41%</strong></td>
<td></td>
</tr>
<tr>
<td>Percentage of adults improving food safety practices</td>
<td>Percentage of youth improving food safety &amp; preparation knowledge or practices</td>
<td></td>
</tr>
<tr>
<td><strong>34%</strong></td>
<td><strong>23%</strong></td>
<td></td>
</tr>
<tr>
<td>Percentage of adults increasing their physical activity levels by 30 minutes or more</td>
<td>Percentage of youth improving physical activity knowledge or practices</td>
<td></td>
</tr>
</tbody>
</table>

**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

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.

**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.

**Diana Romano - FY18**

Interim State Coordinator

**Debra Garrard-Foster - FY17**

State Coordinator

Community Nutrition Education Programs

Oklahoma State University, Nutritional Sciences
Oklahoma Cooperative Extension Service
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