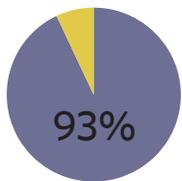




2015 IMPACTS: OKLAHOMA EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

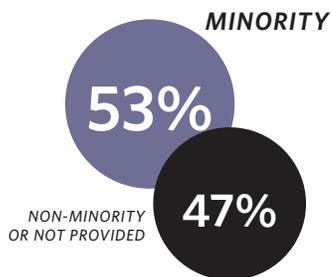
EFNEP is a nutrition education program of the Oklahoma Cooperative Extension Service funded through USDA-NIFA. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyle, food resource management, food safety and physical activity. In 2015, EFNEP reached **1,233** adults and **22,050** youth directly and nearly **4,672** family members indirectly.



Percentage of adults improving diet, including consuming an additional 1/2 cup of fruits and vegetables

REACHING DIVERSE POPULATIONS

At least **53%** of all EFNEP adults are minorities.



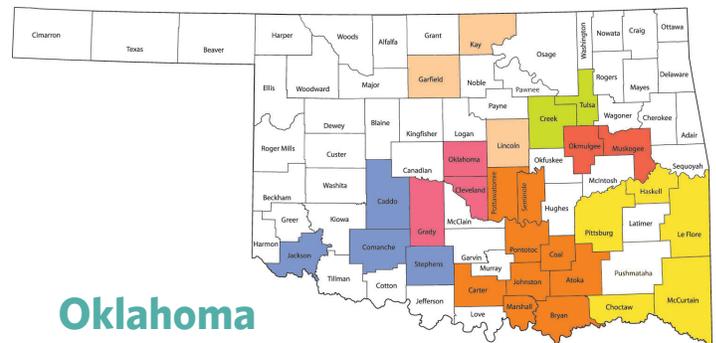
- 14% African-American
- 14% American Indian or Alaskan Native
- 14% Hispanic
- 8% Multiple races identified
- 3% Other
- 47% White

DEFINING THE PROBLEM

Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

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 **28** counties throughout Oklahoma, providing **75** job opportunities to local citizens, which contributes more than **\$1.4 million** to the state economy in salary and benefits.



Oklahoma EFNEP Units

- Oklahoma Unit**
Cleveland, Grady and Oklahoma counties
- Comanche Unit**
Caddo, Comanche, Jackson and Stephens counties
- Oklmulgee Unit**
Muskogee and Okmulgee counties
- Kiamichi Unit**
Choctaw, Haskell, LeFlore, McCurtain and Pittsburg counties
- Pontotoc Unit**
Atoka, Bryan, Carter, Coal, Johnston, Marshall, Pontotoc, Pottawatomie and Seminole counties
- Northwest Unit**
Garfield, Kay and Lincoln counties
- Tulsa Unit**
Creek and Tulsa counties

Debra Garrard-Foster

State Community Nutrition Education Programs Coordinator

Oklahoma State University, Nutritional Sciences
Oklahoma Cooperative Extension Service
301 Human Sciences Building, Stillwater, OK 74078
debra.greene_garrard@okstate.edu (405)744-6283

After participating in 15 nutrition education classes in 4.5 months, one American Indian adult graduate went from consuming a diet nearly void of nutrients at the beginning of the program, to a diet that meets the Recommended Dietary Allowances for several nutrients and food groups including vegetables, dairy, folate, and iron at the conclusion of the program.

One graduate of the program, who has three children, reported greater financial stability and nutrition practices after participating, "Our budget has improved by shopping smart and comparing prices. I am very excited that we are making smarter choices on what we eat."

A third grader who had participated in the program at school brought nutrition awareness to her family—prior to purchasing milk, she used the skills learned in class to look at nutrition labels with her mom.

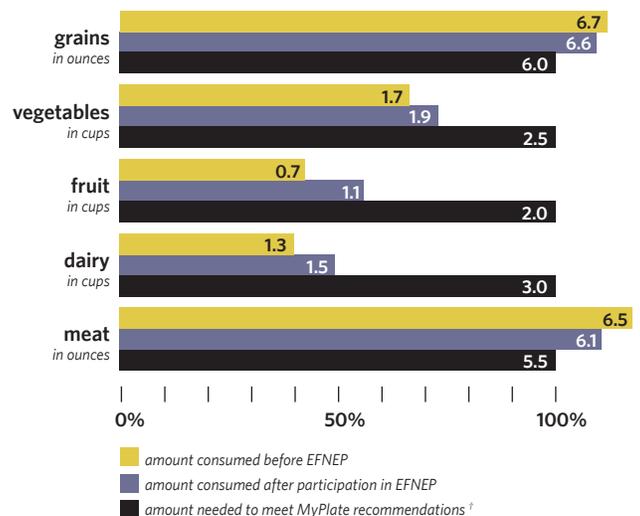
CHANGING ADULT BEHAVIOR

INFLUENCING YOUTH*

DEMONSTRATING RESULTS

IMPROVEMENT IN FOOD GROUPS

Data reported through diet recalls show that EFNEP graduates eat more closely to MyPlate recommendations. It also shows there is still a need for nutrition education.



† This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

WHY IT WORKS

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

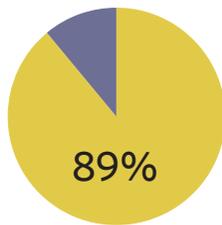
- **members of the communities** they support;
- **trained/supervised** by university and county-based faculty;
- **skilled** in using hands-on, interactive teaching methods;
- **committed** to delivering sound instruction;
- **able** to influence changes in behavior and impact the lives of those they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



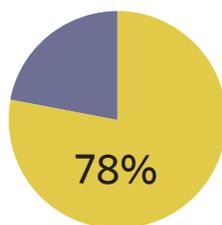
United States Department of Agriculture
National Institute of Food and Agriculture

www.nifa.usda.gov/efnep

DIET/NUTRITION

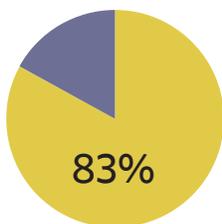


Percentage of adults improving **nutrition** practices

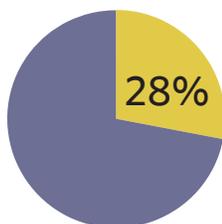


Percentage of 9,521 youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

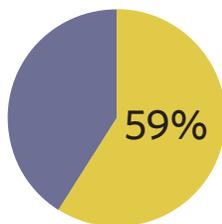


Percentage of adults bettering **food resource management** practices

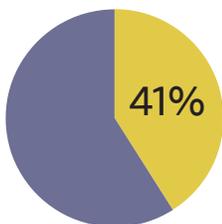


Percentage of 5,227 youth increasing frequency of **fruit consumption**

FOOD SAFETY

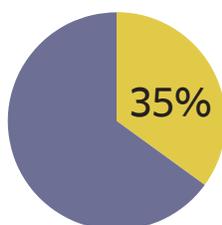


Percentage of adults improving **food safety** practices

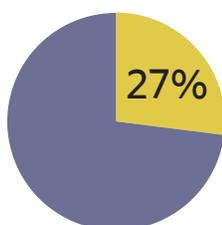


Percentage of 9,511 youth improving **food safety & preparation** knowledge or practices

PHYSICAL ACTIVITY



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



Percentage of 9,516 youth improving **physical activity** knowledge or practices