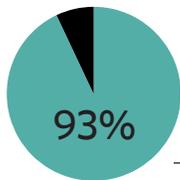




# 2015 IMPACTS: OKLAHOMA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - EDUCATION (SNAP-Ed)

Since 1995, the Oklahoma SNAP-Ed program, under the auspices of Oklahoma Cooperative Extension Service, has worked with low-income families and youth improving their diets and food related behaviors. Additionally, families increase their ability to manage food budgets and related sources such as SNAP benefits (previously food stamps) in order to not run out of food by the end of the month. In 2015, SNAP-Ed reached **2,109** adults and **21,140** youth directly and nearly **6,226** family members indirectly.



Percentage of adults improving their **diet**

## REACHING DIVERSE POPULATIONS

At least **50%** of **all** SNAP-Ed adults are minorities.



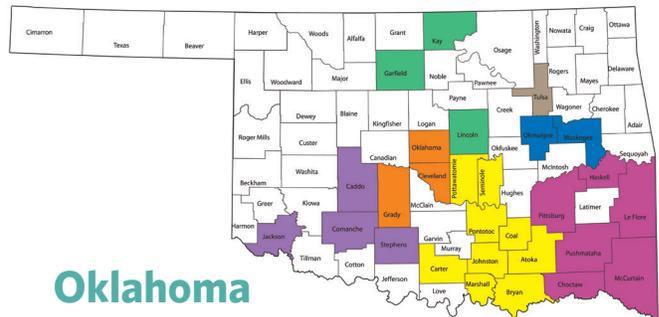
- 13% African-American
- 15% American Indian or Alaskan Native
- 11% Hispanic
- 2% Other
- 9% Multiple races identified
- 50% White

## DEFINING THE PROBLEM

Oklahoma's statistics on hunger and food insecurity are startling. Oklahoma consistently ranks as one of the most hungry states, with 1 in 4 children at risk. In addition, more than 17% of the population is considered food insecure.

## INVESTING IN THE SOLUTION

Statewide the SNAP-Ed program leverages federal and state funds and provides approximately **85** job opportunities to local citizens, which contributes more than **\$2 million** to the state economy in salary and benefits. The program operates in **42** counties across Oklahoma.



## Oklahoma SNAP-Ed Units

**Comanche Unit**  
Caddo, Comanche, Jackson and Stephens counties

**Kiamichi Unit**  
Choctaw, Haskell, LeFlore, McCurtain, Pittsburg and Pushmataha counties

**Northwest Unit**  
Garfield, Kay and Lincoln counties

**Oklahoma Unit**  
Cleveland, Grady and Oklahoma counties

**Okmulgee Unit**  
Muskogee and Okmulgee counties

**Pontotoc Unit**  
Atoka, Bryan, Carter, Coal, Johnston, Marshall, Pontotoc, Pottawatomie and Seminole counties

**Tulsa Unit**  
Tulsa county

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Before starting the program the participant did not eat well. Her son was overweight. The participant told us that this program changed her whole food experience. She now checks labels and Nutrition Facts when she shops. She is buying more nutritious foods and her son is trying more fruits and vegetables. She has started watching portion sizes, changed from high sugar cereals to whole grain cereals, set limits on when to eat, and the family is eating their meals slower. She is cooking more meals at home, and her son has gone from a size 14 pant to a size 10 pant. She is highly impressed with the program and thanked us.

Participants in a pre-release facility enumerated three lessons learned from attended weekly classes. 1) To shop wiser in the grocery store—comparing prices and shopping more effectively to save money. 2) “To be able to eat more healthy—knowing different food groups to maintain healthy eating habits, for myself and my family. Knowing the important food groups to help me lose some weight! To be a healthier person and possible live longer while feeling better each day,” and 3) “I loved learning the safety tips about thawing meats. Also, about cross-contamination inside the refrigerator and outside of it, for instance on cutting boards.”

NEA stated she had recently completed a lesson with a group of young students. A student’s grandmother had some complementary things to say about the CNEP program. The grandmother had been sitting in on the lessons to see what was being taught. She said after last week’s lesson on healthy eating, her granddaughter (previously a very picky eater), was eating almost everything offered to her. The grandmother appreciated the impact our program had on her and hoped we would come back to provide more lessons.

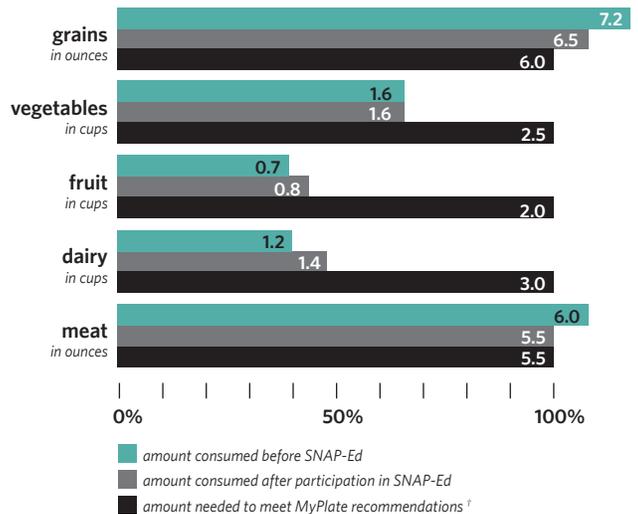
## CHANGING ADULT BEHAVIOR

## INFLUENCING YOUTH\*

## DEMONSTRATING RESULTS

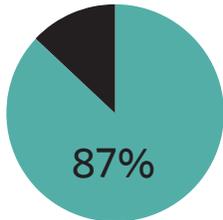
### IMPROVEMENT IN FOOD GROUPS

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

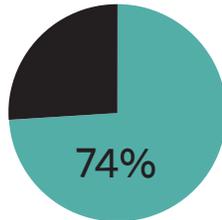


† This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

DIET/NUTRITION

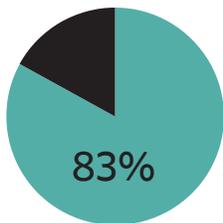


Percentage of adults improving **nutrition** practices

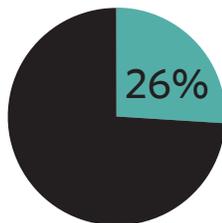


Percentage of 3,527 youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

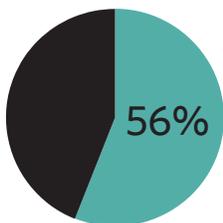


Percentage of adults bettering **food resource management** practices

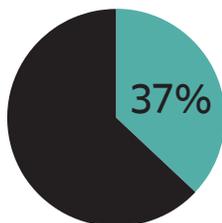


Percentage of 1,851 youth increasing frequency of **fruit consumption**

FOOD SAFETY

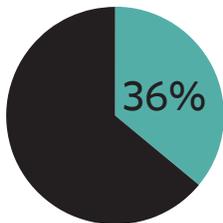


Percentage of adults improving **food safety** practices

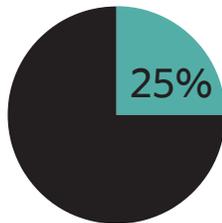


Percentage of 3,518 youth improving **food safety & preparation** knowledge or practices

PHYSICAL ACTIVITY



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



Percentage of 3,523 youth improving **physical activity** knowledge or practices

### WHY IT WORKS

In addition to funding, fully staffed county Extension offices are key contributors to the overall success of SNAP-Ed.

Extension Educators support the Nutrition Education Assistants (NEAs) in day-to-day program activities and provide consistent access to research-based information. Also, they assist NEAs in continuing the Extension tradition of forming strong partnerships with community agencies to address the needs of low-income families. The partnerships provide education and services that are mutually supportive without the duplication of efforts and resources.

SNAP-Ed strives to hire NEAs with a strong understanding of the barriers many limited-income families face in achieving a healthy diet. As paraprofessionals, the NEAs are skilled in using hands-on interactive teaching methods which enable them to influence changes in behavior and impact the lives of those they teach.