



# EFNEP

Expanded Food and Nutrition Education Program



OSU EXTENSION  
COMMUNITY NUTRITION  
EDUCATION PROGRAMS

2021 ANNUAL  
IMPACT REPORT



# GET TO KNOW US

## THE HEALTH OF OKLAHOMA



**36.4%** of adults are obese<sup>1</sup>



**32.3%** of children ages 10-17 are overweight or obese<sup>2</sup>



**5.1%** of adults meet national, daily recommendations for fruit and vegetable intake<sup>1</sup>



**9%** of high school students eat vegetables 3 or more times a day<sup>3</sup>

## OUR PURPOSE


Community Nutrition Education Programs (CNEP), a service of OSU Extension, utilizes EFNEP funding to educate and empower low-income families with young children, school-age youth and pregnant teens to improve nutrition and physical activity behaviors.

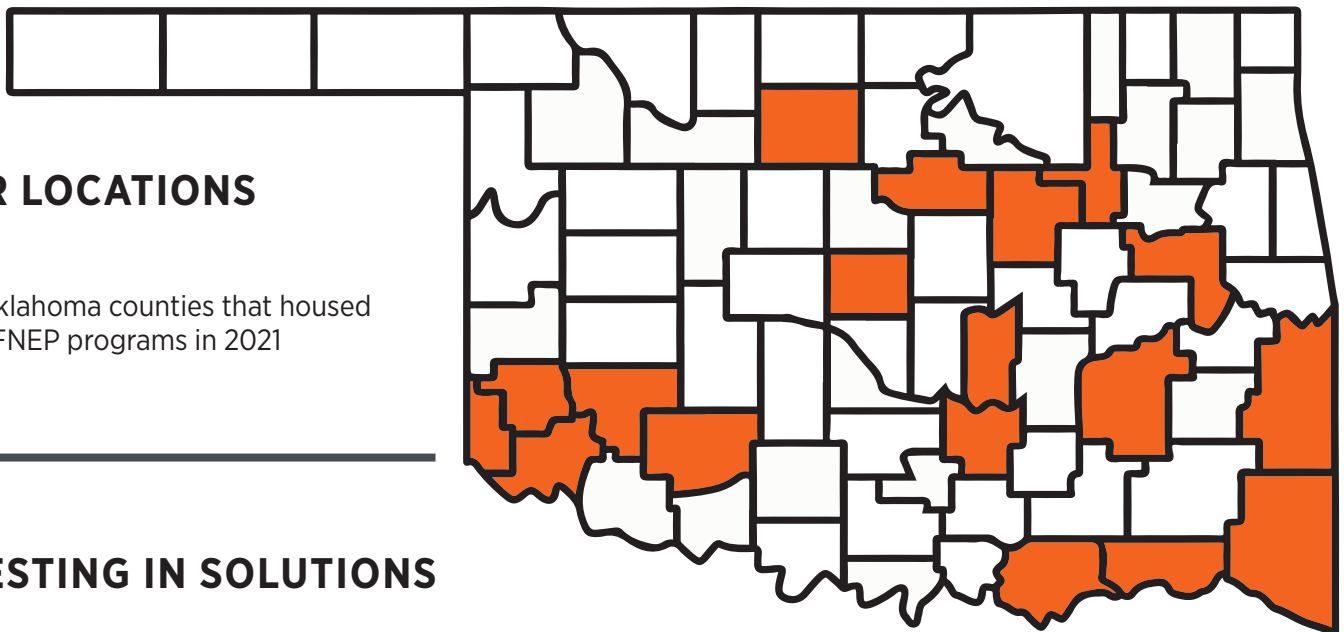


## WHAT WE DO

Peer educators provide research-based, hands-on learning experiences for families and youth about diet quality, food safety, physical activity, food security and food resource management. Through skill-based learning, CNEP is reducing nutrition insecurity and improving the lives of Oklahomans.

## OUR LOCATIONS

 Oklahoma counties that housed EFNEP programs in 2021



## INVESTING IN SOLUTIONS



**40 Jobs**  
to local citizens



**321** volunteers  
committed **2,475** hours



**\$70,642** estimated  
value of volunteer time<sup>4</sup>



**6,007**  
Program  
Participants



**2,607**  
Program  
Graduates



**45,915** Program Participants, Family  
Members and Community Members Reached  
with Educational Content

## EDUCATIONAL REACH

# THE IMPACTS

### ADULT GRADUATES



**97%** improved diet  
quality behaviors



**81%** improved food  
safety behaviors



**69%** improved physical  
activity behaviors



**50%** eat fruit more often



**40%** eat dark green  
vegetables more often

### YOUTH GRADUATES



**80%** improved diet  
quality behaviors



**54%** improved food  
safety behaviors



**35%** of 3rd-5th youth  
drink fruit-flavored drinks  
less often



**38%** of 6th-8th youth eat  
whole grains more often



**38%** of 9th-12th youth  
eat vegetables more often

### COVID-19 RESPONSE

In March 2020, statewide social distancing guidelines resulted in schools and agencies closing for the remainder of the year. Many of these disruptions continued into 2021. During this time, CNEP educators have worked tirelessly to reach participants through social-distanced teaching, virtual meeting platforms, digital resources, and thousands of handouts. In these unusual times, we are thankful for our hundreds of partners across the state who continually help us pursue our mission to build a healthier Oklahoma.

## THE STORIES

After learning about the benefits of walking, one adult participant took the initiative to start a walking group. After each meal, the participants gather at a central location and spend time in conversation and walking. In just a couple of weeks, these women are now walking over 5 miles each day. They also shared they sleep better at night and have increased energy levels and muscle mass.

– Tulsa County

A hearing-impaired husband and wife couple joined the adult program Fresh Start via an online meeting platform. To cross communication barriers, OSU provided an interpreter to join the CNEP paraprofessional and her participants during their lessons. They learned new skills such as preparing meat and vegetables on separate cutting boards and using house chores to move more after work. The husband lost 20 pounds and has more energy. He is motivated to eat more vegetables and get fit so he can live a long life.

– Pontotoc County

**"The students really enjoyed participating in each of the activities..."**

A 3rd grade teacher shared about the great impact the youth program has had in her classroom: "The students really enjoyed participating in each of the activities and answering questions. This is an amazing program!" Students have been reading food labels and paying attention to their sugar intake, and the teacher is more aware of sugars and fats in her diet and has begun to exercise more. She would love to have CNEP visit her classroom again next year.

– Bryan County

## COORDINATOR INFORMATION

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<sup>1</sup>America's Health Rankings. Annual Report. Oklahoma Summary 2021.

<sup>2</sup>America's Health Rankings. Health of Women and Children. Oklahoma Summary 2021.

<sup>3</sup>Oklahoma State Department of Health. Oklahoma Youth Risk Behaviors Survey (YRBS) Data and Reports. Nutrition Infographic, 2019.

<sup>4</sup>Independent Sector. 2021 Value of Volunteer Time.