GET TO KNOW US

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.

THE HEALTH OF OKLAHOMA
- 36.4% of adults are obese
- 32.3% of children ages 10–17 are overweight or obese
- 5.1% of adults meet national, daily recommendations for fruit and vegetable intake
- 9% of high school students eat vegetables 3 or more times a day

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
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

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

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

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

COORDINATOR INFORMATION

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