



# SNAP-ED

Supplemental Nutrition Assistance Program Education



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 SNAP-Ed funding to educate and empower low-income individuals, families and school-age youth to improve nutrition and physical activity behaviors.

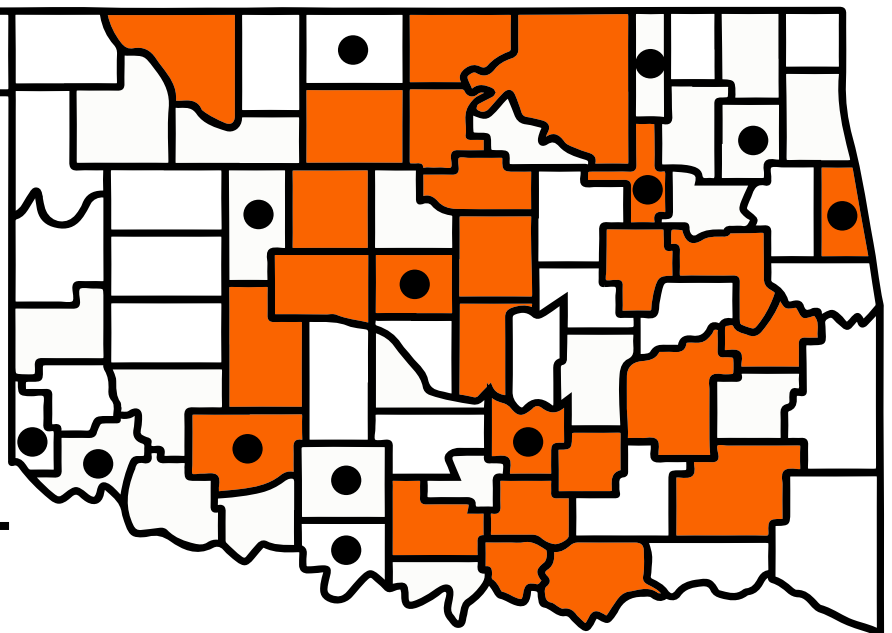


## WHAT WE DO

Paraprofessionals and OSU Extension Educators deliver research-based, hands-on learning experiences for youth and adults about diet quality, food safety, physical activity, food security and food resource management. CNEP also supports community grant projects across the state with a focus on promoting health through policy, systems and environmental changes. By providing applicable education and resources where we eat, learn, live, play, shop and work, CNEP is improving the lives of Oklahomans.

## OUR LOCATIONS

- Counties reached by the virtual **Farm to You Exhibit** in 2021
- Oklahoma counties that housed SNAP-ED programs in 2021



## INVESTING IN SOLUTIONS



**45 Jobs**  
to local citizens



**393** volunteers  
committed **2,196** hours



**\$62,674** estimated  
value of volunteer time<sup>4</sup>



**4,700**  
Program  
participants



**3,064** Youth reached by  
the Virtual Farm to You exhibit



**2,000**  
Program  
graduates



**98,891** Program Participants,  
Family Members and Community  
Members Reached with  
Educational Resources

## EDUCATIONAL REACH

# THE IMPACTS

## ADULT GRADUATES



**97%** improved diet  
quality behaviors



**89%** improved  
food resource  
management behaviors



**73%** improved food  
safety behaviors



**46%** eat fruit  
more often



**40%** eat vegetables  
more often

## YOUTH GRADUATES



**82%** improved diet  
quality behaviors



**53%** improved food  
safety behaviors



**37%** of 3rd-5th youth  
drink fruit-flavored drinks  
less often



**42%** of 6th-8th youth eat  
fruit more often



**42%** of 9th-12th youth  
eat vegetables more often



## AWARDS AND RECOGNITIONS

In 2021, the **Farm to You** program received the **Innovative Youth Development Program Award** from the National Extension Association for Family and Consumer Sciences.

# 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

"I don't like any vegetables," said one first grade student at the start of a youth program. Three months later, the students sent thank-you notes to the paraprofessional with phrases like: "Thank you for teaching us about food" and "I learned so much about nutrition. Why did you have to go?" The same student who disliked vegetables at the beginning said he now eats carrots and green beans. Overall, the group improved by 75% in physical activity, 75% in diet quality and 67% in food safety.

- Lincoln County

Before going through the Show Me Nutrition youth program, one student did not know how vegetables were good for your body and overall health. He did not eat many vegetables and thought salads in particular were

gross. At the conclusion of the class, the same young man stood up and said that he learned he loves carrots, lettuce and tomatoes especially when it's in a salad together. He said he tried it because the paraprofessional said how good vegetables are for him.

- Comanche County

One participant in the Fresh Start adult program had health challenges of leukemia and diabetes, and was trying to keep her body healthy by following various diets. After learning about MyPlate, she realized that

she wasn't eating enough vegetables and dairy. To increase her intake, she made an effort to keep fresh vegetables in her

refrigerator, tried new recipes, and bought more cheese and yogurt. She also started moving more and taking the stairs at least twice a day. At the end of the program, she accomplished a personal goal of walking regularly without her cane. She was surprised at how much she learned and reports feeling better every day.

- Garfield County

**"Thank you for teaching us about food"**

## CNEP COMMUNITY GRANT PROJECTS

CNEP funds policy, systems and environmental (PSE) change projects in low-income communities across the state of Oklahoma. PSE approaches go beyond educational programming to affect change in the systems where people work, live and play.



**10,324** reached by  
projects in **5 counties**



**74** volunteers committed  
**663** hours



**\$18,992** estimated dollar  
value of volunteer time<sup>4</sup>

## Community Garden Gets a Second Life

The Community Market of Pottawatomie County has a long history of fighting food insecurity, providing fresh produce, and promoting nutrition information to its clients. Turnover and inconsistent volunteering had taken its toll, however, and no produce was harvested in the Market's onsite garden in the spring and summer of 2020. Thanks to a CNEP Community

Grant, local OSU Extension personnel were able to install infrastructure that would allow production with less maintenance and upkeep using a variety of containers and raised beds. The renewed garden also served as a space for education, with local FCS and Horticulture specialists providing hands-on gardening workshops, demonstrating recipes using fresh produce, and distributing educational resources. In total, volunteers and staff harvested 408 pounds of produce and were able to serve more than 8,500 people each month in 2021.



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## Community Grants Help Food Pantries Succeed

In a small town in Adair County lies a food pantry called The Hope Center. Adair County is currently tied for having the third highest food insecurity rate in Oklahoma. The Hope Center seeks to combat these statistics by providing essential resources to an average of 500 families each month. To increase their impact, a local High Obesity Program (HOP) Extension Educator has partnered with them to expand their storage capacity and implement policy, systems, and environmental changes throughout the community. Seeing that The Hope Center lacked adequate space to prepare food distribution boxes, she used a CNEP Community Grant and other funding sources to purchase stainless steel preparation tables. The tables have answered an important need for the rural food pantry and increased their efficiency when providing food to the people who need it. Staff report that "CNEP has allowed us to make small steps in the right direction to better the pantry."

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## 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.

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