

EFNEP

Expanded Food and Nutrition Education Program



OSU EXTENSION
COMMUNITY NUTRITION
EDUCATION PROGRAMS

2022 ANNUAL
IMPACT REPORT



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



39.4% of adults are obese¹



3.8% of adults meet national, daily recommendations for fruit and vegetable intake¹




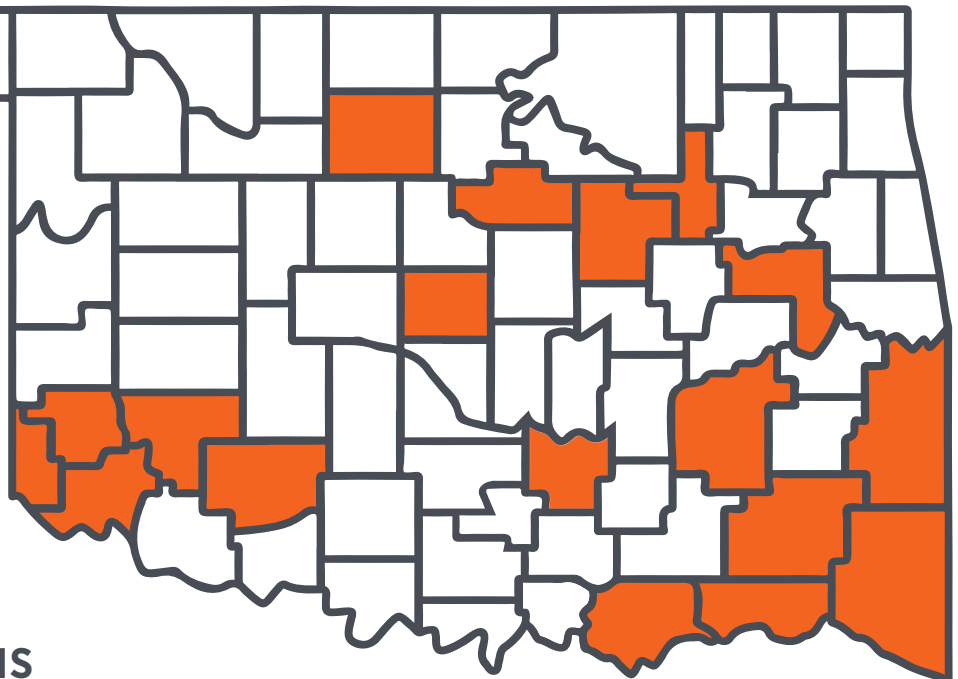
34.3% of children ages 10-17 are overweight or obese²



9% of high school students eat vegetables 3 or more times a day³

OUR LOCATIONS

 Oklahoma counties that housed EFNEP programs in 2022



INVESTING IN SOLUTIONS



34 Jobs
to local citizens



319 volunteers
committed **2,766** hours



\$82,854 estimated
value of volunteer time⁴

THE IMPACTS

ADULT GRADUATES



97% improved diet quality behaviors



80% improved food safety behaviors



67% improved physical activity behaviors



48% eat fruit more often



44% eat dark green vegetables more often

YOUTH GRADUATES



78% improved diet quality behaviors



49% improved food safety behaviors



36% of 3rd-5th youth drink fruit-flavored drinks less often



35% of 6th-8th youth eat whole grains more often



36% of 9th-12th youth eat vegetables more often

EDUCATIONAL REACH



3,164
Program Graduates



5,799
Program Participants



140,390
Program Participants, Family Members Community Members Reached with Educational Content

COMMUNITY PARTNERSHIPS



195
Across Oklahoma

At the start of the CNEP adult program, one participant's goal was to find ways to live a long life so she could be there for important family celebrations like births and weddings. She set her sights on improving her diabetes and high blood pressure. As the program went on, she started preparing healthier foods, trying new recipes, and watching her portion sizes. She also cut back on eating fried foods and foods high in sugar. Since then, she has noticed a decrease in her sugar levels and cholesterol. Now, she is motivated to lose weight, walk more, and drink water instead of soda.

- Seminole County



At a daycare in Comanche county, one director would bring doughnuts for her employees every morning as a way to say "thank you" for their work and build team rapport. After learning about the importance of healthy breakfast foods in CNEP's adult program, she wanted to make a change. She started to bring fresh fruit and prepare smoothies instead of doughnuts. She also started giving smoothies to the children as a snack. Thanks to these changes and the CNEP program, employees and children are enjoying a healthier workplace and a great start to the morning.

- Comanche County



One of the analogies Nutrition Education Assistants use in CNEP's youth program relates how often one should eat different foods to a traffic light: "Go" foods can be eaten every day and include the rainbow of fruits and vegetables, while "Whoa" foods like sweets and fried foods should be saved for special occasions. Classes in LeFlore County were very enthusiastic about how they could eat their "rainbow of Go foods".

Students started to name fruits and vegetables they liked and brainstorm new ones they could try.

Teachers and cafeteria staff joined in too, spending time to explain how they could eat a wide variety throughout their day. The school reports that students are now "insistent" about eating the right foods for their bodies.

- LeFlore County



COORDINATOR INFORMATION

Candance Gabel, MS, RD, LD
State Coordinator/Associate Extension Specialist
Community Nutrition Education Programs

Phone: 405-744-9942

301 Nancy Randolph Davis,
Stillwater, OK 74078

candy.gabel@okstate.edu



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**



@OSUCNEP
extension.okstate.edu/cnep

¹America's Health Rankings. Annual Report. Oklahoma Summary 2022.

²America's Health Rankings. Health of Women and Children. Oklahoma Summary 2022.

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

⁴Independent Sector. 2022 Value of Volunteer Time.