

### LEARN MORE ABOUT EFNEP

#### **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 obese<sup>1</sup>



28.2% of children & youth ages 2-17 are overweight or obese<sup>2</sup>



3.8% of adults meet national, daily recommendations for fruit and vegetable intake<sup>1</sup>



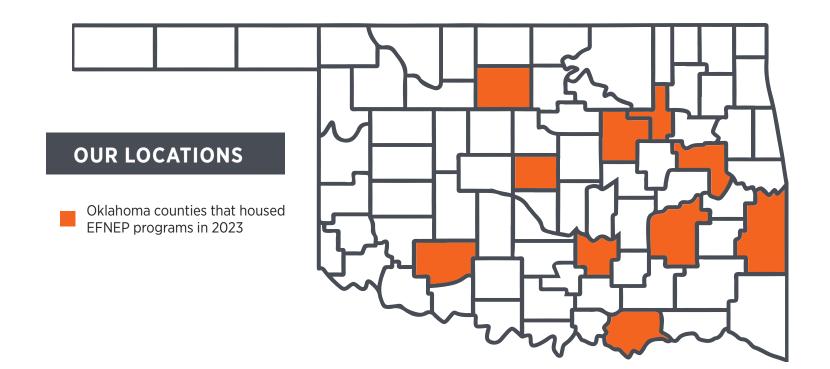
9% of high school students eat vegetables<sup>3</sup>



28.3% of adults reported doing no physical activity or exercise other than their regular job in the past 30 days



49.5% of the Oklahoma population is obese



#### **INVESTING IN SOLUTIONS**



23 Jobs to local citizens



**297** volunteers committed **2,371** hours



**\$75,398** estimated value of volunteer time<sup>4</sup>

#### **COMMUNITY PARTNERSHIPS**



205 across Oklahoma

### THE REACH



**5,270** Program Participants



**2,750**Program Graduates



143,362
Program Participants, and
Family Members Reached with
Educational Content

## THE IMPACTS

#### **ADULT GRADUATES**



**85%** improved diet quality behaviors



**71%** improved food safety behaviors



**64%** improved physical activity behaviors



83% improved food resource management



**48%** improved in food security

### **YOUTH GRADUATES**



80% improved diet quality behaviors



**48%** improved food safety behaviors



**46%** improved in physical activity behaviors



**50%** improved food resource management

### THE SUCCESS STORIES

Last summer, I had the privilege of teaching Kids in the Kitchen (KIK) at Bristow Social Services, where one of my students was N.B. Her mother, R.B., would stay for most of the lessons, too. This June, I'm teaching Fresh Start at the same location, and was happily surprised to see the B. family again - this time with N.B.'s grandmother joining her daughter and granddaughter. It's incredibly fulfilling to see our programs making a multigenerational impact.

The B. family has faced numerous challenges including health issues, food insecurity, and financial struggle, but their resilience shines through. Site director Toni Godwin captured the three generations in a photo that encapsulates the power of our community partnership. By engaging with Fresh Start, this family is taking strides to improve their health through better nutrition and physical activity. As a nutrition educator, it brings me gratitude and satisfaction to know our program brings lasting change that uplifts entire families and communities.

One of my Fresh Start participants recently completed the full curriculum and received her certificate. She told me that even before starting the program that she set goals around improving her family's eating habits. As a mother, she worried that her own food choices would influence her children's. Although she knew changes were needed, she wasn't sure where to begin.

Our hands-on lessons gave her tangible tools to create change. She said the recipes were a favorite part - easy, adaptable, and using ingredients she already had on hand. The materials helped her stay organized and refer back to what she learned. She's confident the skills she built around budgeting, meal planning, and shopping strategically will benefit her young family. She feels empowered to provide healthier food and engage in more physical activity together. It's so fulfilling to see her gain knowledge and confidence to care for her family's long-term health.

I recently taught a Fresh Start series at a local drug rehabilitation clinic, where many participants are not familiar with basic food safety. In lessons on the topic, we had conversations about risky practices like thawing meat on the counter or eating unwashed produce. One participant admitted to these behaviors in the past. Two years later, I happened to see this former student while out shopping. She excitedly told me that she now follows the food safety guidelines from class - no more leaving food out or eating unwashed fruits and veggies!

Although it's been quite some time, she retained those best practices. As a nutrition educator, moments like these make my work feel truly meaningful. It's extremely rewarding to know I made a lasting positive impact empowering people to keep themselves and their families safe and healthy.

- Comanche County

- Creek County

- Pontotoc County

# COORDINATOR INFORMATION

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<sup>4</sup>Independent Sector. 2022 Value of Volunteer Time.

<sup>&</sup>lt;sup>1</sup>America's Health Rankings. Annual Report. Oklahoma Summary 2022.

<sup>&</sup>lt;sup>2</sup>America's Health Rankings. Health of Women and Children. Oklahoma Summary 2022.

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