

# EFNEP

Expanded Food and Nutrition Education Program

## 2020 ANNUAL IMPACT REPORT



OSU EXTENSION  
**COMMUNITY NUTRITION  
EDUCATION PROGRAMS**



# GET TO KNOW US



## OUR PURPOSE

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

## THE HEALTH OF OKLAHOMA



**36.8%** of adults are obese<sup>1</sup>



**34.8%** 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>

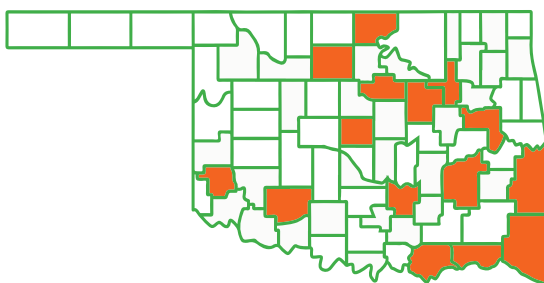


**9%** of high school students eat vegetables 3 or more times a day<sup>3</sup>

## WHAT WE DO

Paraprofessionals provide research-based, hands-on learning experiences for families and youth regarding 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



## INVESTING IN THE SOLUTION



**43 Jobs** to local citizens



**465 Volunteers** committed 2,725 hours



**\$74,115** estimated value of volunteer time<sup>4</sup>

## THE REACH



**8,222**  
Program participants



**4,433**  
Program graduates



**71,593**  
Program participants, family members & community members reached with educational content

## COVID-19 RESPONSE

In March 2020, social distancing guidelines implemented statewide resulted in schools closing for the remainder of the school year and in-person programming for Extension to cease. Many of these disruptions continued through September 2020. During this time, CNEP paraprofessionals worked tirelessly to educate participants virtually and distribute resources electronically or safely in-person.

570

Adults and youth taught virtually

58,714

Program participants, family members and community members reached with educational resources

64

Community partners helped facilitate virtual education or distribute educational resources

During the statewide shutdown, a CNEP educator reached out to a recent graduate of the adult program. This participant used to eat out for breakfast, lunch and dinner. She said that cooking was not her "thing." She said that after completing the program, she started cooking at least one meal a day, which was a big change for her. Due to COVID-19, she now cooks three meals a day, and she plans them by the week. She uses a grocery list and organizes it by the aisles of the store. She didn't realize how much money she could save by cooking at home. Because of her participation in the CNEP program, she was able to prepare meals at home when dining out was no longer an option.

– Comanche County



# 2020 IMPACTS

## ADULT GRADUATES



96% improved diet quality behaviors



84% improved food safety behaviors



76% improved physical activity behaviors



50% eat fruit more often



42% eat vegetables more often

## YOUTH GRADUATES



83% improved diet quality behaviors



56% improved food safety behaviors



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



34% of 3rd-5th grade youth eat vegetables more often

# THE STORIES

When one woman began the adult program, she was taking care of her ill mother and 3 children, 2 with special needs. She was tired, stressed and barely holding on. She was skeptical at first, but then she started to look forward to the sessions. She knew her children were not getting proper nutrition but didn't know how to fix it. She now has a notebook binder that holds her information from the lessons, her weekly meal plan with ideas and a few recipes. She makes a meal plan every week and doesn't feel stressed about what to get at the grocery store. The children also help with ideas and are learning how to plan healthy meals. She said that her kids are starting to see the health benefits, and she's very happy about that. She has also really enjoyed the meat thermometer she received from CNEP. She was used to cutting into the meat to see if it "looked" done or just guessing. She's glad she doesn't have to worry about foodborne illness with her family now. She is a different woman since completing the program. She says she feels healthier, less stressed and happier now that she is in control of her and her family's health.

**- Garfield County**

Prior to enrolling in the adult program, one participant described the stress she would experience each night as a result of not planning meals ahead of time. In addition, she was having health issues. After completing the program, the participant shared she had learned how to prepare much healthier food for herself and her spouse, how to do food prep for a week, and had started including more fruits and vegetables in her weekly plan. She also lost 10 pounds during the 20 weeks she had been taking classes. She stated, "My spouse and I feel so much better since we have been making better/healthier food choices. We have more energy and feel better during the day." Her next 30-day goals are to continue meal prep, drink more water, and keep her morning routine of stretching and yoga. She also plans to add exercising to her evening routine.

**- Comanche County**

The children in one 3rd grade class were unaware of the concept of whole grains. After the conclusion of the lesson on whole grains and carbohydrates, the class began to inspect items and products for whole grains. According to the teacher, the kids have taken a huge interest in finding whole grains in their lunch items, as well as snacks. They are actually searching the package and discussing it during lunch.

**- Pittsburg County**

## COORDINATOR INFORMATION

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DEPARTMENT OF  
**NUTRITIONAL SCIENCES**



**EXTENSION**

<sup>1</sup>America's Health Rankings. Annual Report. Oklahoma Summary 2020.

<sup>2</sup>America's Health Rankings. Health of Women and Children. Oklahoma Summary 2020.

<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. 2020 Value of Volunteer Time.