



OSU EXTENSION
COMMUNITY NUTRITION
EDUCATION PROGRAMS

EFNEP 2024 ANNUAL IMPACT REPORT

Expanded Food and Nutrition Education Program



THE HEALTH OF OKLAHOMA



39.4% of Oklahoma population is obese.¹



40% of adults are obese.¹



33.8% of children and youth ages 10-17 are overweight or obese.²



3.8% of adults meet national, daily recommendations for fruit and vegetable intake.¹



29.5% of adults reported doing no physical activity or exercise other than their regular job in the past 30 days.³



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



72.6% of children also drink at least one sugar-sweetened beverage per week.³



57.5% of children do not eat a daily vegetable.³

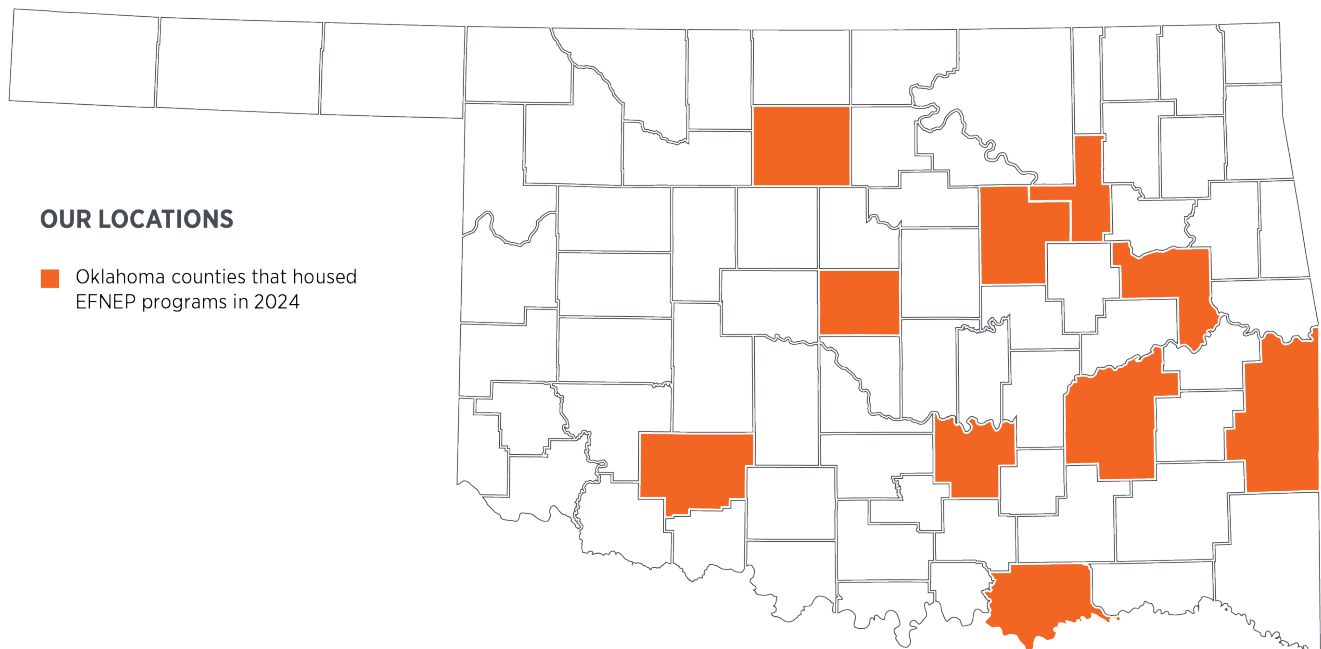
LEARN MORE ABOUT EFNEP

OUR PURPOSE

Community Nutrition Education Programs (CNEP), a service of OSU Extension, uses EFNEP funding to provide education and support for families with limited resources, including families with young children, school-age youth and pregnant teens to help improve their 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.



INVESTING IN THE SOLUTION



27 jobs
to local citizens



348 volunteers
committed **2,088** hours



\$69,927 estimated
value of volunteer time⁴

COMMUNITY PARTNERSHIPS



154 community partnerships
across Oklahoma

THE REACH



6,075
program participants



3,727
program graduates



13,430
program participants and family
members reached with
educational content

THE IMPACT

ADULT GRADUATES



96% improved diet quality behaviors



76% improved food safety behaviors



70% improved physical activity
behaviors



90% improved food resource
management



53% improved food security

YOUTH GRADUATES



83% improved diet quality behaviors



50% improved food safety behaviors



46% improved in physical activity
behaviors



44% improved food resource
management

THE STORIES

ADULT SUCCESS STORIES

Pregnant Mom Makes Healthier Choices

Outcomes/Impacts: This story emphasizes the value of explaining 24-hour food recall results and their role in helping participants set meaningful goals. Through the results, this participant gained insight into her high sugar and caffeine intake, motivating her to make healthier choices for herself and her son. As a pregnant mom, these changes will also positively impact her baby's health, emphasizing the far-reaching benefits of informed decision-making.

This participant is four months pregnant and has a four-year-old son. I taught the adult program at a location where they do GED classes, and she was one of my participants there. When she completed her 24-hour food recall and received the results, she was shocked at the amount of sugar found in her soft drinks. She was drinking 4-5 canned sodas each day. We then discussed the caffeine content of some drinks, she was surprised and concerned about it because of her pregnancy. She also became very interested in My Plate information and realized that she nor her son were eating healthy. She made a commitment to eat healthier and to be a better role model for her son. She did cut back on the soft drinks to about one per day and drank water the rest of the day.

- Leflore County

Woman Demonstrates Resilience and Makes Changes to Improve Health

Outcomes/Impacts: This story highlights the significance of each lesson in our adult program. The participant joined the Fresh Start program with a determined goal to prioritize her health. She learned various new concepts and successfully applied them to enhance her well-being. Her dedication to adopting new skills, embracing healthier habits, and utilizing available resources not only transformed her own health but also made her a source of inspiration for others.

This participant, who volunteers at her local food pantry/social services agency, was eager to join the Fresh Start classes, stating her goal was to "focus on her health." She began reducing sugary beverages, reading labels, and using program recipes, which helped her make the most of the produce she received from the pantry. She also learned about unit pricing, menu planning, and creating grocery lists. When faced with an unexpected crowd at her house, she prepared Tuna Burgers from the program recipes, sharing, "they ate them all before I could try one." She expressed gratitude for having the ingredients on hand to feed her guests.

The participant also enjoyed making smoothies and spinach salad as part of the food experiences. Despite facing significant challenges, including relocation due to violence and crime, overcoming prior addiction, and managing food insecurity, she demonstrated incredible resilience. She embraced the skills and resources provided, recognizing the importance of her health. By learning to read food labels, she made better choices to reduce saturated fats and added sugars. She also started eating more fresh fruits and vegetables and increased her physical activity. Her positive attitude and determination are a true inspiration to everyone.

- Creek County

YOUTH SUCCESS STORIES

Students Make Healthier Choices Together

Outcomes/Impacts: This story illustrates the significant impact of the CATCH program on the students' dietary choices and overall health. By choosing a fruit party over a pizza party, the students demonstrated a shift towards healthier eating habits. This change benefited the students individually and promoted a culture of health and wellness within the classroom. The program's success in encouraging healthier choices highlights its importance in fostering long-term positive behaviors and improving diet quality among youth.

Fourth grade students in a local elementary school participated in the CATCH youth nutrition education program. Some of them had participated in third grade, and the others were excited to learn about nutrition. At the beginning of our program, the students were working towards an end-of-semester prize: a pizza party. In order to earn their pizza party, they needed to reach all of the classroom goals posted on the wall. For example, some of the goals were: line up without talking, great behavior in Rise & Shine, help a friend, participate in class, follow directions during drills, clean floor/room, demonstrate leadership, pay attention during lesson, teacher compliment, etc. Several of the goals were listed multiple times because the teacher wanted them to achieve those things more than once.

During the Snacks for Party GO-ers lesson, the students got to make fruit kabobs. They were eager to make their own and many were excited about trying dragon fruit for the first time. It was well-received, and very few (if any) students didn't finish their kabobs. After the lesson, the students asked their teacher if they could have a fruit party instead of a pizza party. They wanted to have all different kinds of fruits at their party. The teacher agreed. The next time I visited the classroom, they had replaced "pizza party" on their wall posted with "fruit party." The students were thrilled!

- Garfield County

Youth Making KIK Recipe at Home

Outcomes/Impacts: This story highlights the KIK It Up! program's positive effect on the participant and her family. The participant's newfound confidence in making healthy snacks at home demonstrates a significant change in behavior. The program taught her valuable cooking skills and encouraged more nutritious eating habits at home. This success story underscores the program's importance in promoting diet quality, personal growth among youth, and fostering healthier lifestyles.

The NEA recently taught the KIK It Up youth program at a local childcare center. The children in the group had limited to no experience with making snacks at home. While there one day, a child's parent stopped the NEA to let her know that the child had been talking about the rainbow pita pockets ever since making them during the lesson. The parent stated that they purchased the ingredients, and the child was proud and excited to make them at home without help.

- Garfield County

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- 1 *America's Health Rankings. Annual Report. Oklahoma Summary 2022.*
 - 2 *America's Health Rankings. Health of Women and Children. Oklahoma Summary 2022.*
 - 3 *Oklahoma State Department of Health. Oklahoma Youth Risk Behaviors Survey (YRBS) Data and Reports. Nutrition Infographic, 2019.*
 - 4 *Independent Sector. 2023 Value of Volunteer Time.*

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