



EFNEP

Expanded Food and Nutrition Education Program

**2023 ANNUAL
IMPACT REPORT**



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**

INVESTING IN SOLUTIONS



23 Jobs
to local citizens



297 volunteers
committed **2,371** hours



\$75,398 estimated
value of volunteer time⁴

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.

- Creek County

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.

- Pontotoc County

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

COORDINATOR INFORMATION

Candance Gabel, MS, RD, LD

State Coordinator/Senior Extension Specialist
Community Nutrition Education Programs

Phone: 405-744-9942

301 Nancy Randolph Davis, Room 007
Stillwater, OK 74078

candy.gabel@okstate.edu



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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.