EFNEP is a nutrition education program of the Oklahoma Cooperative Extension Service funded through USDA-NIFA. EFNEP’s mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyle, food resource management, food safety and physical activity. In 2014, EFNEP reached 1,432 adults and 14,891 youth directly, and nearly 5,366 family members indirectly.

DEFINING THE PROBLEM
Obesity, poor nutrition and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

INVESTING IN THE SOLUTION
EFNEP brings together federal, state and local resources to target two primary audiences: low-income families with young children and low-income youth. The program operates in 28 counties throughout Oklahoma, providing 68 job opportunities to local citizens, which contributes more than $1.1 million to the state economy in salary and benefits.

REACHING DIVERSE POPULATIONS
At least 53% of all EFNEP adults are minorities.

MINORITY

- White: 47%
- African-American: 18%
- American Indian or Alaska Native: 12%
- Asian: 1%
- Native Hawaiian or other Pacific Islander: 0%
- Multiple races identified: 0%
- Race not provided: 2%

NON-MINORITY OR NOT PROVIDED

- Not Hispanic or Latino: 47%
- Hispanic or Latino: 53%

OKLAHOMA EFNEP UNITS

- Comanche Unit: Caddo, Comanche, Jackson and Stephens counties
- Kiamichi Unit: Choctaw, Haskell, LeFlore, McCurtain and Pittsburg counties
- Northwest Unit: Garfield, Kay and Lincoln counties
- Okmulgee Unit: Muskogee and Okmulgee counties
- Pontotoc Unit: Atoka, Bryan, Carter, Coal, Johnston, Marshall, Pontotoc, Pottawatomie and Seminole counties
- Tulsa Unit: Creek and Tulsa counties

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A pregnant mother of three boys under the age of 5 entered EFNEP drinking at least one can of soda a day and admitted she had a strong weakness for chips. The nutrition educator provided 20 lessons over the course of a year in the mother’s home. The young participant made the following statements as she was graduating from the program, “Before the lessons, I drank more than a can of soda a day and was very lazy about drinking water. I was shocked when the nutrition educator showed me how much sugar was in just one can! Now I only have one can of soda a week and I drink more water. I slowly changed my eating habits and even my kids are snacking on more fruits and low-fat dairy foods now, instead of chips and cookies. The nutrition educator showed me how to plan meals and budget for our groceries so I can cook healthier. I also learned how to add fun physical activities to my family’s day-to-day life.”

A male in his thirties was resistant to participate after being referred to EFNEP by his physician due to a blood glucose over 900 mg/dl resulting in a hospitalization. Three months after the referral he participated in his first lesson, but continued to express his disdain for vegetables. As he graduated he commented, “My blood sugars are in a normal range of 120 mg/dl. I am employed now and get plenty of exercise. I try different kinds of foods including vegetables. Because of EFNEP, I am more active and moving has really helped my diabetes. I used to eat out a lot, but now I cook at home more.” The participant has three children living at home and wants to set a good example for them.

Oklahoma EFNEP lessons with adults and youth include the preparation of healthy recipes or tasting low-cost, healthy foods, including seasonal fruits and vegetables. This experience is vital, as families are more apt to try new foods if they are confident they can both prepare and store them so they are not wasted and will appeal to family members, especially children. A young mother stopped one of the nutrition educators in the local grocery store and commented, “I am now buying cauliflower because my daughter tasted it during the nutrition lessons you teach to her 4th-grade class and she discovered that she really likes it!”

**CHANGING ADULT BEHAVIOR**

- Percentage of adults improving nutrition practices: 88%
- Percentage of 6,981 youth increasing knowledge or ability to choose healthy food: 82%

**FOOD SAVINGS**

- Percentage of adults bettering food resource management practices: 82%
- Percentage of 6,950 youth increasing frequency of fruit consumption: 32%

**FOOD SAFETY**

- Percentage of adults improving food safety practices: 58%
- Percentage of 6,955 youth improving food safety & preparation knowledge or practices: 35%

**PHYSICAL ACTIVITY**

- Percentage of adults increasing their physical activity levels by 30 minutes or more: 27%
- Percentage of 6,970 youth improving physical activity knowledge or practices: 32%

**DEMONSTRATING RESULTS**

**IMPROVEMENT IN FOOD GROUPS**

Data reported through diet recalls show that EFNEP graduates eat more closely to MyPlate recommendations. It also shows there is still a need for nutrition education.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Before EFNEP</th>
<th>After EFNEP</th>
<th>MyPlate Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>5.6</td>
<td>6.0</td>
<td>1.5</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1.4</td>
<td>1.8</td>
<td>2.5</td>
</tr>
<tr>
<td>Fruits</td>
<td>1.5</td>
<td>1.6</td>
<td>2.0</td>
</tr>
<tr>
<td>Dairy</td>
<td>1.5</td>
<td>1.5</td>
<td>3.0</td>
</tr>
<tr>
<td>Meat</td>
<td>6.0</td>
<td>5.9</td>
<td>6.0</td>
</tr>
</tbody>
</table>

† This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

**WHY IT WORKS**

EFNEP nutrition educators follow a research-based learning model that allows them to effectively reach and educate program participants. Nutrition educators are

- **members of the communities** they support;
- **trained/supervised** by Cooperative Extension state specialists and county educators;
- **skilled** in using hands-on, interactive teaching methods;
- **committed** to delivering sound instruction;
- **able** to influence changes in behavior and impact the lives of those they teach; and
- **dedicated** to reaching diverse, low-income populations.

United States Department of Agriculture

National Institute of Food and Agriculture

www.nifa.usda.gov/efnep