



# 2014 IMPACTS: OKLAHOMA EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

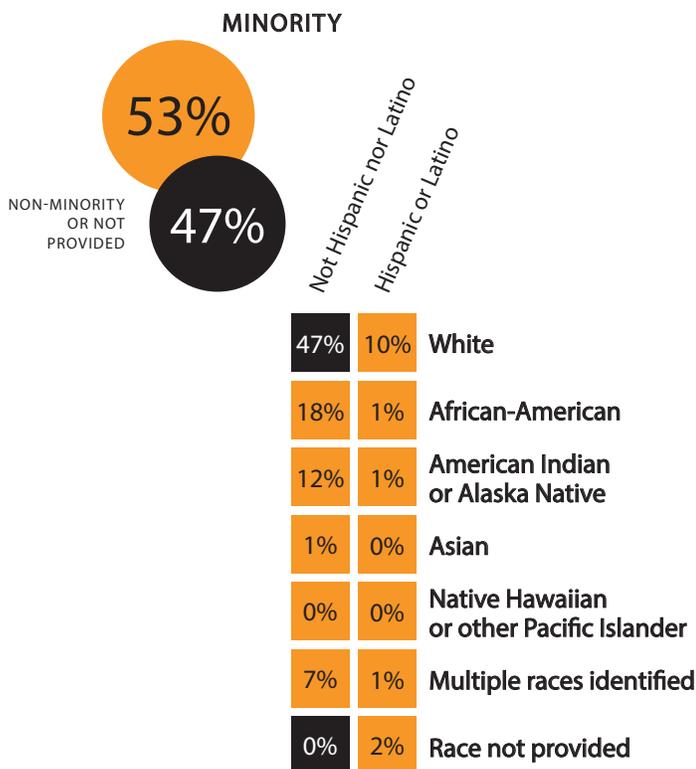
EFNEP is a nutrition education program of the Oklahoma Cooperative Extension Service funded through USDA-NIFA. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyle, food resource management,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



Percentage of adults improving diet, including consuming an additional 1/2 cup of fruits and vegetables

## REACHING DIVERSE POPULATIONS

At least **53%** of all EFNEP adults are minorities.



## 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.



## OKLAHOMA EFNEP UNITS

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

### DEBRA GARRARD-FOSTER

State Community Nutrition Education Programs Coordinator

Oklahoma State University, Nutritional Sciences  
Oklahoma Cooperative Extension Service  
301 Human Sciences Building, Stillwater, OK 74078  
debra.greene\_garrard@okstate.edu (405) 744-6283

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.

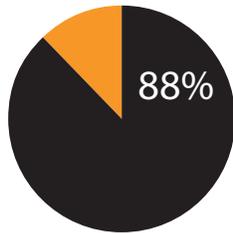
Oklahoma EFNEP lessons with adults and youth include the preparation of healthy recipes or tasting low-cost, healthy foods, including seasonal fruits and vegetables. This experience is vital, as families are more apt to try new foods if they are confident they can both prepare and store them so they 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

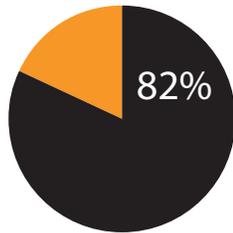
## INFLUENCING YOUTH

## DEMONSTRATING RESULTS

DIET/NUTRITION



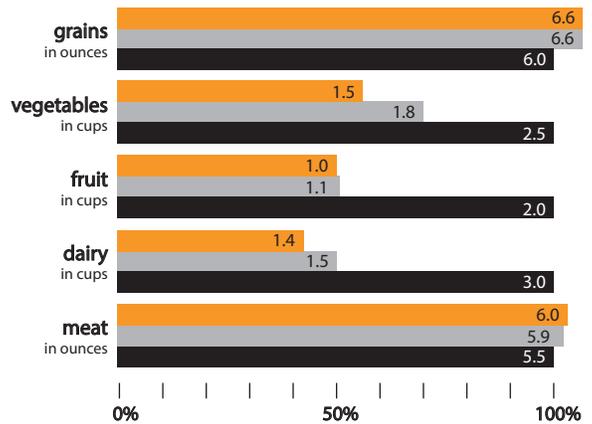
Percentage of adults improving **nutrition** practices



Percentage of 6,981 youth increasing knowledge or ability to choose **healthy food**

## IMPROVEMENT IN FOOD GROUPS

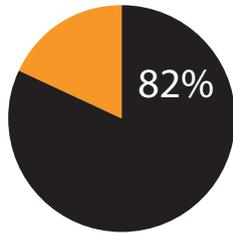
Data reported through diet recalls show that EFNEP graduates eat more closely to MyPlate recommendations. It also shows there is still a need for nutrition education.



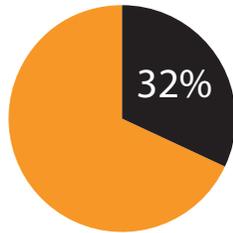
■ amount consumed before EFNEP  
■ amount consumed after participation in EFNEP  
■ amount needed to meet MyPlate recommendations <sup>†</sup>

<sup>†</sup> 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).

FOOD SAVINGS

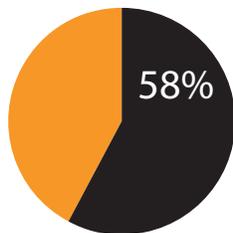


Percentage of adults bettering **food resource management** practices

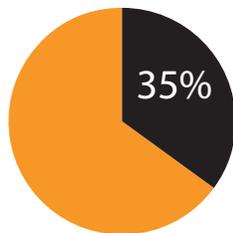


Percentage of 6,950 youth increasing frequency of **fruit consumption**

FOOD SAFETY

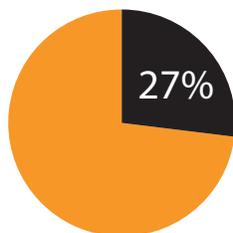


Percentage of adults improving **food safety** practices

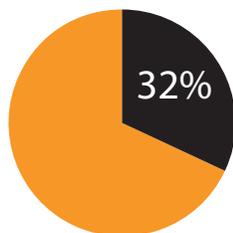


Percentage of 6,955 youth improving **food safety & preparation** knowledge or practices

PHYSICAL ACTIVITY



Percentage of adults increasing their **physical activity levels** by 30 minutes or more



Percentage of 6,970 youth improving **physical activity** knowledge or practices

## 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.