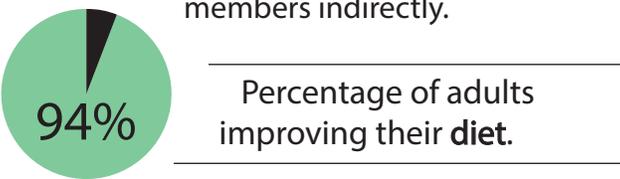




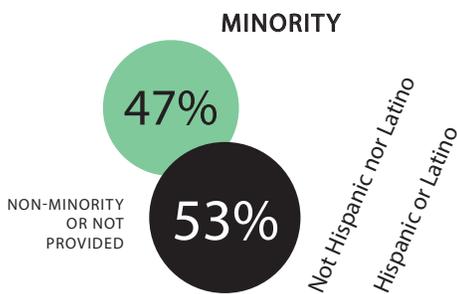
2014 IMPACTS: OKLAHOMA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - EDUCATION (SNAP-Ed)

Since 1995, the Oklahoma SNAP-Ed program under the auspices of Oklahoma Cooperative Extension Service has worked with low-income families and youth improving their diets and food related behaviors. Additionally, families increase their ability to manage food budgets and related sources such as SNAP benefits (previously food stamps) in order to not run out of food by the end of the month. In 2014, SNAP-Ed reached **1,622** adults and **1,950** youth directly, and nearly **4,569** family members indirectly.



REACHING DIVERSE POPULATIONS

At least **47%** of all SNAP-Ed adults are minorities.



52%	5%	White
16%	1%	African-American
13%	1%	American Indian or Alaska Native
1%	0%	Asian
0%	0%	Native Hawaiian or other Pacific Islander
7%	1%	Multiple races identified
1%	2%	Race not provided

DEFINING THE PROBLEM

Oklahoma's statistics on hunger and food insecurity are startling. However, by serving the state's limited-income populations, Extension's SNAP-Ed program is working to improve the conditions of those most in need ... SNAP eligible adults and youth.

INVESTING IN THE SOLUTION

Statewide the SNAP-Ed program leverages federal and state funds and provides approximately **74** job opportunities to local citizens, which contributes more than **\$1.5** million to the state economy in salaries and benefits. The program operates in Oklahoma in **28** counties.



OKLAHOMA SNAP-Ed 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, Pushmataha 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**
Tulsa county

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

Oklahoma SNAP-Education expands program scope by serving a number of incarcerated participants who will soon be released after lengthy time served. This audience has unique nutritional and day-to-day challenges with few personal options. One inmate said she did not walk for exercise before the program, but now walks one mile every day since learning of the importance of physical activity. Graduates look forward to release and reunion with their families so they can use the teachings to improve family budgets and health.

When you experience something that changes your life for the better, you want to share it with others. During her enrollment in SNAP-Education, a female learner started being more aware of the calories she was eating by reading the nutrition facts label. She also saved money and served healthier meals to her family by preparing food ahead of time and learning how to freeze foods. For the first time, she understood and knew how to use the food safety guidelines that were taught. She made better choices, lost weight and had more energy. She referred three of her friends to the program.

A few short months ago this participant struggled with the basics of knowing how to prepare simple recipes for her family. She resorted to frying almost everything. After completing the program she commented, "I changed the way I cook after learning some better ways. I don't fry anymore. I also buy more whole grains, vegetables, and fruit. By doing this, I have lost weight and feel better because some of my other health problems are gone."

CHANGING ADULT BEHAVIOR

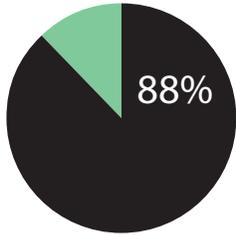
INFLUENCING YOUTH

DEMONSTRATING RESULTS

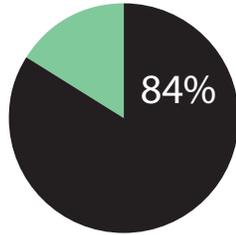
IMPROVEMENT IN FOOD GROUPS

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

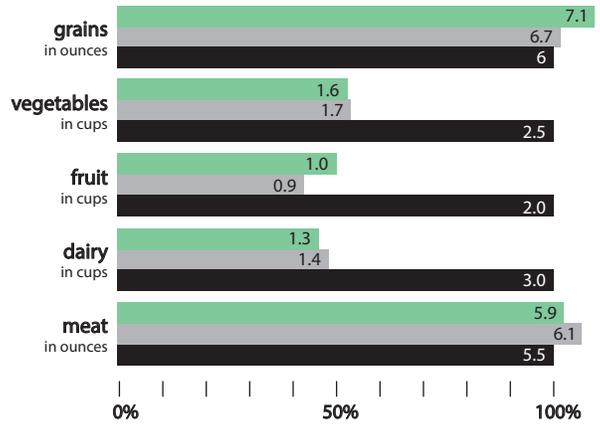
DIET/NUTRITION



Percentage of adults improving **nutrition** practices

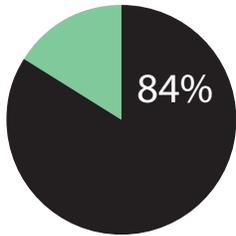


Percentage of 700 youth increasing knowledge or ability to choose **healthy food**

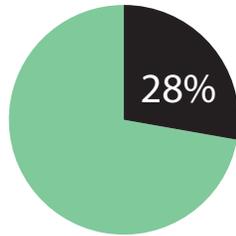


† This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

FOOD SAVINGS

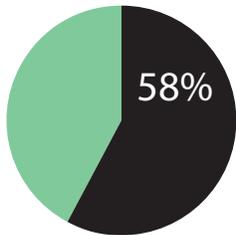


Percentage of adults bettering **food resource management** practices

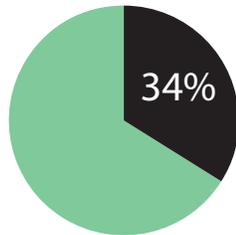


Percentage of 691 youth increasing frequency of **fruit consumption**

FOOD SAFETY

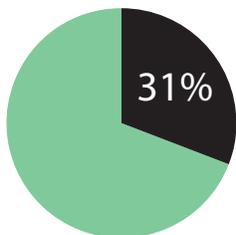


Percentage of adults improving **food safety** practices

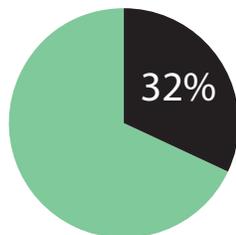


Percentage of 697 youth improving **food safety & preparation** knowledge or practices

PHYSICAL ACTIVITY



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



Percentage of 699 youth improving **physical activity** knowledge or practices

WHY IT WORKS

In addition to funding, fully staffed county Extension offices are key contributors to the overall success of SNAP-Education.

Extension educators support the Nutrition Education Assistants (NEAs) in day-to-day program activities and provide consistent access to research-based information. Also, they assist NEAs in continuing the Extension tradition of forming strong partnerships with community agencies to address the needs of low-income families. These partnerships provide education and services that are mutually supportive without the duplication of efforts and resources.

SNAP-Education strives to hire NEAs with a strong understanding of the barriers many limited-income families face in achieving a healthy diet. As paraprofessionals, the NEAs are skilled in using hands-on interactive teaching methods which enable them to influence changes in behavior and impact the lives of those they teach.