

SNAP-ED

Supplemental Nutrition Assistance Program Education

ANNUAL IMPACT REPORT 2018



Community Nutrition
Education Programs

OUR PURPOSE

Since 1995, the Community Nutrition Education Programs (CNEP), a service of Oklahoma Cooperative Extension, has used Supplemental Nutrition Assistance Program Education (SNAP-Ed) funding to work with low-income families and youth on improving their diets and other health-related behaviors.



THE PROBLEM

47th

Oklahoma is ranked **47th** in America's health rankings¹



36.5% of Oklahoma adults are obese¹

5th

Oklahoma has the **5th** highest rate of obesity for youth ages 10 to 17²

WHAT WE DO

ADULT PROGRAMS:



Fresh Start is a hands-on nutrition program that teaches adults valuable skills needed to consume a healthy diet and be physically active on a limited income. This program is taught by CNEP Nutrition Education Assistants to individuals or groups, and participants can enroll in either the short-or long-term program.



Faithful Families is a comprehensive nutrition education program for communities of faith. This program is taught in small group sessions facilitated by Extension Educators with the assistance of trained lay leaders from the faith community.

HEALTH & HUNGER COMMUNITY PROJECTS:

Grants are awarded to low-income communities to encourage a healthy lifestyle and/or improve access to healthy foods. Projects implemented included community gardens or health and wellness classes in settings such as schools, low-income housing, senior citizen centers, cooperative extension offices, and community centers.

YOUTH PROGRAMS:



The Food and Fun for Everyone curriculum for K-5th grade students is taught by CNEP Nutrition Education Assistants (NEAs) in- and outside school settings. This program, teaches youth about nutrition, food safety, physical activity, and body image.



Farm to You is an interactive adventure facilitated by Extension Educators for elementary school children. Youth follow food from the farm to the market and through the body to explore the relationships between agriculture, food and health.



OrganWise Guys is a comprehensive school program facilitated by Extension Educators. This program for K-5th students brings lovable organ characters to life to show the importance of living a healthy lifestyle.

WHY IT WORKS

CNEP-trained educators follow a research-based learning model that allows them to effectively reach and educate participants. Educators are:

- **Members of the communities they support**
- **Trained/supervised by university and county-based faculty**
- **Skilled in using hands-on, interactive teaching methods**
- **Committed to delivering research-based instruction**
- **Able to influence changes in behavior and impact the lives of those they teach**
- **Dedicated to reaching diverse, low-income populations**

THE OUTCOME

YOUTH PARTICIPANTS



73% improved their **abilities to choose healthy foods**



23% improved their **physical activity practices**



Schools in **10 counties** participated in **Organwise Guys**



Counties visited by **Farm to You**

ADULT PARTICIPANTS



94% improved in one or more **diet quality areas**
(eating fruits & vegetables, drinking less sugary beverages, cooking dinner at home)



75% improved in one or more **physical activity areas**
(exercising for at least 30 minutes a day, making small changes to be more active)



79% improved in one or more **food resource management practices**
(comparing food prices, planning meals &/or making a list before shopping)



28,766
SNAP-Ed participants



13,350
Direct education lessons



Approximate individuals in **10 counties** reached by **Health and Hunger Projects**



5,612
Family members reached indirectly

Youth Making Changes Impacts Family

[A] student reported back to the NEA that he has been counting minutes of physical activity and encouraging his mother to walk for 20 minutes with him each evening. He reports that his family feels better and hopes to make changes in their evening meals as well.

- Pontotoc Unit

Adult's Small Changes Makes Big Impact

During the course of the nutrition lessons, the client came to a realization that she could make some small changes and have a big impact on her overall health. She decided it was time to start taking care of herself more. She started to reduce her soda and "junk food" intake and continues to do so. She is paying more attention to her food choices overall. Being able to successfully make these changes also motivated her to start riding her bicycle to lose weight. She even decided to start looking for a job. The client is proud of the changes she has made so far, and she is excited to continue her journey to a healthier lifestyle.

- Northwest Unit

NEA Impacts Family

"I worked with the mother and daughter of the family and sometimes the son who is younger would join in. Since starting the program, the daughter has been maintaining her weight, which she hasn't been able to do. The whole family is trying new recipes on their own and learning to make healthier versions of their favorite recipes. They are now learning how to incorporate all the food groups in their meals and using portion control. They reported that the doctors are happy with [the daughter's] progress and are hopeful that with continued efforts her health conditions will get better. Her mother was happy to say that the program has not only helped her daughter but the whole family."

- Okmulgee Unit



