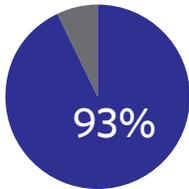




2016 IMPACTS: OKLAHOMA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - EDUCATION (SNAP-ED)

Since 1995, the Oklahoma SNAP-Ed program, delivered by the Oklahoma Cooperative Extension Service, has worked with low-income families and youth improving their diets and food related behaviors. Additionally, families increased 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 2016, SNAP-Ed reached **1,997** adults and **19,508** youth directly and nearly **5,920** family members indirectly.



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

DEFINING THE PROBLEM

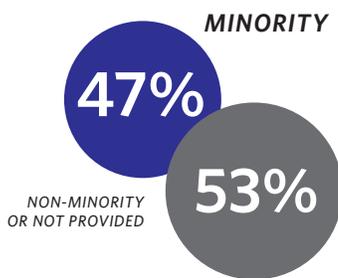
Oklahoma's statistics on hunger and food insecurity are startling. Oklahoma consistently ranks as one of the most hungry states, with 1 in 4 children at risk. In addition, more than 17% of the population is considered food insecure.

YOUTH SERVED

Nutrition education was delivered to low-income youth through three unique programs in 2016: Food & Fun for Everyone, a series of nutrition education lessons, OrganWise Guys, a schoolwide program promoting a healthy lifestyle, and Farm to You, a traveling, interactive nutrition exhibit. The three programs have an overarching goal of encouraging youth to make positive choices that will help them lead healthier lives. Combined, the programs taught **19,508** elementary-age students across Oklahoma about healthy living through school enrichment programs and short-term educational activities.

REACHING DIVERSE POPULATIONS

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



Teaching low-income youth about healthy eating has a positive impact on growth and development and promotes improved school performance.

COMMUNITY SUPPORT

In 2016, **405** community volunteers committed **4,120** hours in support of the EFNEP mission for an estimated dollar value of **\$88,580***.

*Independent Sector valuation

WHY IT WORKS

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

Extension Educators support the Nutrition Education Assistants (NEAs) in day-to-day program activities and provide consistent access to research-based information.

SNAP-Ed 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.

Goal setting has been a very effective tool for one participant—since working with her NEA, she has incorporated more vegetables into her diet as well as budgeting her food purchases during the week. Her confidence in herself grew as she accomplished both of these goals.—Northwest unit

One participant has learned invaluable skills through the nutrition education classes—she learned new recipes, tried new foods, and participated in food demonstrations. This encouraged her to cut back on T.V. dinners and cook more meals from scratch. She is also eating less sugar and sweets.—Oklahoma unit

By participating in nutrition education classes, one youth participant has learned about food substitutions and cooking—“Within 35 minutes, I had created a meal for my father and me.”—Okmulgee unit

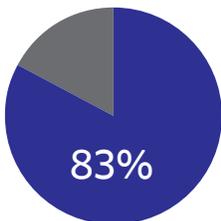
CHANGING ADULT BEHAVIOR

INFLUENCING YOUTH

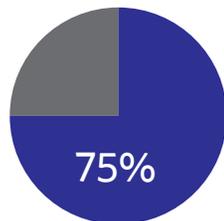
INVESTING IN THE SOLUTION

Statewide the SNAP-Ed program leverages federal and state funds and provides approximately **48** job opportunities to local citizens, which contributes more than **\$2.2 million** to the state economy in salary and benefits. The program operates in **21** counties across Oklahoma.

DIET/NUTRITION

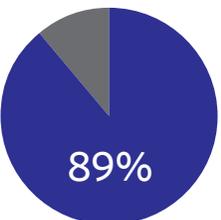


Percentage of adults improving **nutrition** practices

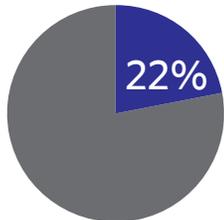


Percentage of youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

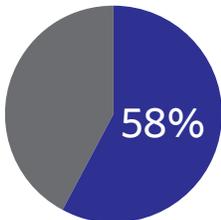


Percentage of adults bettering **food resource management** practices

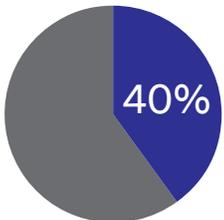


Percentage of youth increasing frequency of **fruit consumption**

FOOD SAFETY

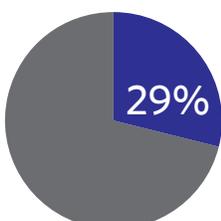


Percentage of adults improving **food safety** practices

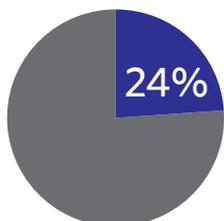


Percentage of youth improving **food safety & preparation** knowledge or practices

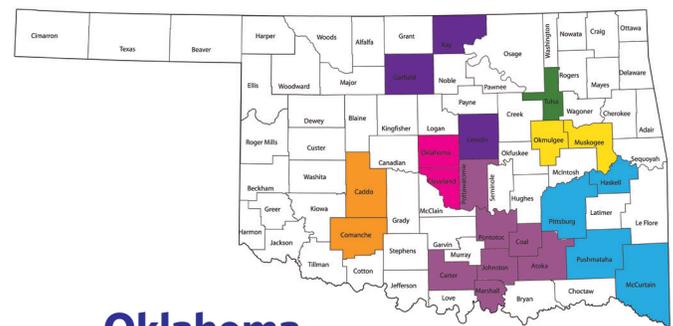
PHYSICAL ACTIVITY



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



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



Oklahoma SNAP-Ed Units

Comanche Unit
Caddo and Comanche counties

Kiamichi Unit
Haskell, McCurtain, Pittsburg and Pushmataha counties

Northwest Unit
Garfield, Kay and Lincoln counties

Oklahoma Unit
Oklahoma and Cleveland counties

Okmulgee Unit
Muskogee and Okmulgee counties

Pontotoc Unit
Atoka, Carter, Coal, Johnston, Marshall, Pontotoc and Pottawatomie counties

Tulsa Unit
Tulsa County

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