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 \(\text{1,997} \text{ adults and 19,508} \) youth directly and nearly \(\text{5,920} \) family members indirectly.

**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.

**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.
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.

### Changing Adult Behavior
- **Diet/Nutrition**
  - Percentage of adults improving nutrition practices: 83%
- **Food Savings**
  - Percentage of adults bettering food resource management practices: 89%
- **Food Safety**
  - Percentage of adults improving food safety practices: 58%
- **Physical Activity**
  - Percentage of adults increasing their physical activity levels by 30 minutes or more: 29%

### Influencing Youth
- **Diet/Nutrition**
  - Percentage of youth increasing knowledge or ability to choose healthy food: 75%
- **Food Savings**
  - Percentage of youth increasing frequency of fruit consumption: 22%
- **Food Safety**
  - Percentage of youth improving food safety & preparation knowledge or practices: 40%
- **Physical Activity**
  - Percentage of youth improving physical activity knowledge or practices: 24%

### 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.