



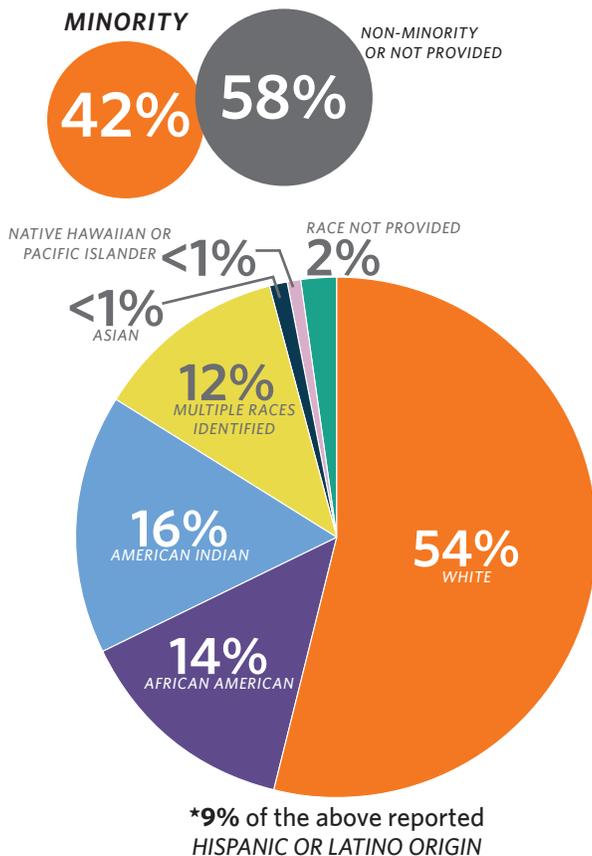
2017 IMPACTS: OKLAHOMA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - EDUCATION (SNAP-ED)

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 2017, SNAP-Ed reached **2,126** adults and **14,093** youth directly and nearly **6,328** family members indirectly.

92% Percentage of adults improving their **diet**

REACHING DIVERSE POPULATIONS

At least **42%** of all SNAP-Ed adults are minorities.

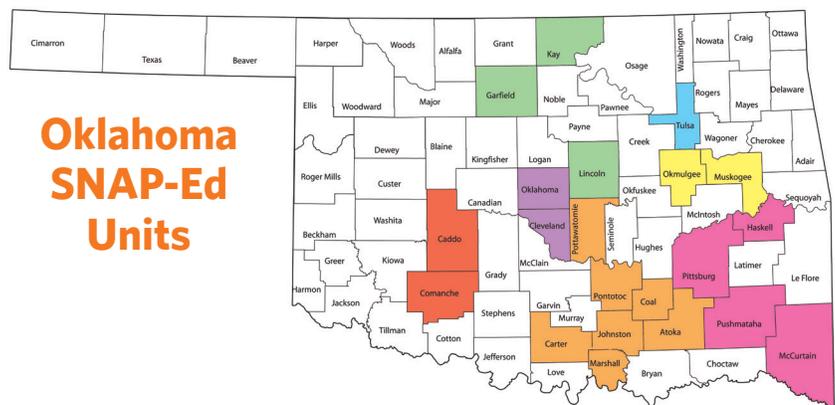


DEFINING THE PROBLEM

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 2017: *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 **14,093** elementary-age students across Oklahoma about healthy living through school enrichment programs and short-term educational activities.



Oklahoma SNAP-Ed Units

- Comanche Unit**
Caddo and Comanche counties
- Pontotoc Unit**
Atoka, Carter, Coal, Johnston, Marshall, Pontotoc and Pottawatomie counties
- Kiamichi Unit**
Haskell, McCurtain, Pittsburg and Pushmataha counties
- Tulsa Unit**
Tulsa County
- Northwest Unit**
Garfield, Kay and Lincoln counties
- OrganWise Guys**
Canadian, Dewey, Garvin, Grady, Kingfisher, LeFlore, Oklahoma, Osage, Pittsburg and Sequoyah counties
- Oklahoma Unit**
Oklahoma and Cleveland counties
- Farm to You**
Comanche, Logan, McClain, Nowata, Okfuskee, Oklahoma, Payne and Pittsburg counties
- Okmulgee Unit**
Muskogee and Okmulgee counties

"I began to exercise again, I am cooking more at home, and I am able to recognize when foods eaten outside our home are not healthy, I am following My Plate portions and eating a rainbow every meal at home. I learned to read food labels, I began to visit the gym again, I am using portion control, I am paying attention to the dairy, I got a meat thermometer."
-Oklahoma unit

"A participant at the State Women's Correctional Facility shared: 'I got a job in the kitchen so I get more exercise. I no longer eat bread and drink mostly water during meals. I no longer drink soda pop of any kind. I only eat sweets on rare occasions. I've limited my coffee and eat no more than 2 packages of Ramen noodles per week. I've learned so much from this class, it's changed my life in many ways. Thank you.'"
-Okmulgee unit

"After the lesson of more physical activity with the youth, one of the 3rd graders told our NEA that now, when his family watches television, it has become a game to be active during the commercials. The whole family is now making an effort to be more active, and having fun doing it."
-Kiamichi unit

DIET/NUTRITION
FOOD SAVINGS
FOOD SAFETY
PHYSICAL ACTIVITY

CHANGING ADULT BEHAVIOR

89%

Percentage of adults improving **nutrition** practices

82%

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

50%

Percentage of adults improving **food safety** practices

34%

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

INFLUENCING YOUTH

74%

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

27%

Percentage of youth bettering frequency of **fruit consumption**

40%

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

74%

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

INVESTING IN THE SOLUTION

Statewide the SNAP-Ed program leverages federal and state funds and provides approximately **50** job opportunities to local citizens, which contributes more than **\$2.2 million** to the state economy in salary and benefits. The program operates in **34** counties across Oklahoma. In addition to funding, fully staffed county Extension offices are key contributors to the overall success of SNAP-Ed.

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

WHY IT WORKS

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.

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COMMUNITY SUPPORT

In 2017, **380** community volunteers committed **3,994** hours in support of the SNAP-Ed mission for an estimated dollar value of **\$88,188***.

*Independent Sector valuation

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