Community Nutrition Education Programs (CNEP), a service of OSU Extension, utilizes EFNEP funding to improve the nutrition and physical activity behaviors of low-income families with young children, school-age youth and pregnant teens.

### THE HEALTH OF OKLAHOMA

- **36.5%** of Oklahoma adults are obese\(^1\)
- **35.3%** of children ages 10-17 are overweight or obese\(^2\)
- **45.8%** of adults eat fruit less than one time a day\(^3\)
- **9%** of high school students eat vegetables 3 or more times a day\(^4\)

### WHAT WE DO

Peer educators provide research-based, hands-on learning experiences for families and youth about diet quality, food safety, physical activity, food security and food resource management. Through skill-based learning, CNEP is reducing nutrition insecurity and improving the lives of Oklahomans.

### INVESTING IN THE SOLUTION

- **29** jobs to local citizens
- **740** volunteers committed 4,638 hours
- **$117,954** estimated value of volunteer time

### THE REACH

- **17,642** direct education participants
- **10,356** direct education graduates
- **3,992** family members reached indirectly
**THE IMPACT**

### ADULT GRADUATES

- 80% improved food resource management behaviors
- 79% improved food safety behaviors
- 77% improved physical activity behaviors
- 51% eat fruit more often
- 44% eat vegetables more often

### YOUTH GRADUATES

- 49% improved food safety behaviors
- 38% drink fruit-flavored drinks less often
- 34% improved physical activity behaviors
- 31% eat vegetables more often

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A mother of eleven children, with eight being school-age in the home, began the program drinking two to three 32 oz. cans of energy drinks a day. Her thoughts were these drinks gave her the energy needed to deal with all she has to do with so many children. Following completion of the program, she is consuming only one soda a day, and she indicated that she and the family are consuming more vegetables, especially in salads. She and her step-daughter are going to start walking at a nearby school area as soon as the weather warms up. The lesson and discussions we did on label readings and drink choices really convinced her that she needed to cut back on certain foods and drinks, and to incorporate some form of physical fitness several times per week.

**- Tulsa County**

A paraprofessional was teaching a nutrition lesson at an elementary school where she saw an assistant teacher who had previously been one of her volunteers. The assistant teacher stated that he really enjoyed listening to the youth lessons. [He] happily reported that he has lost 41 pounds and his blood pressure has improved. He stated that he is now eating more vegetables, has cut out soft drinks, and has started his own garden. He said, “it all started with you”.

**- Oklahoma County**

Following completion of the youth program, a third grade teacher stated, “My students are obsessed with food labels. They are making better food and drink choices and look for amount of sugar, calories, and fats. It’s wonderful to see third graders making healthier choices!” Another third grade teacher stated, “My class has really benefited throughout this program. My kids have been calculating their active minutes during the week and love when they hit 60 minutes. They also have been discussing added sugar in drinks and really considering healthy options.”

**- Oklahoma County**

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**- Tulsa County**
Number of Adults Reached - 1,084
Number of Youth Reached - 16,558

Sources: