



SNAP-ED

Supplemental Nutrition Assistance Program Education

2019 IMPACT REPORT



OSU EXTENSION
COMMUNITY NUTRITION
EDUCATION PROGRAMS

OUR PURPOSE

Community Nutrition Education Programs (CNEP), a service of OSU Extension, utilizes SNAP-Ed funding to educate and empower low-income individuals, families and school-age youth to improve nutrition and physical activity behaviors.



THE HEALTH OF OKLAHOMA



36.5%

of Oklahoma adults are obese¹



35.3%

of children ages 10-17 are overweight or obese²



45.8%

of adults eat fruit less than one time a day³



9%

of high school students eat vegetables 3 or more times a day⁴

INVESTING IN THE SOLUTION



33

jobs to local citizens



1,252

volunteers committed
7,330 hours



\$186,392

estimated value of
volunteer time

WHAT WE DO

Paraprofessionals and OSU Extension Educators deliver research-based, hands-on learning experiences for youth and adults about diet quality, food safety, physical activity, food security and food resource management. CNEP also supports community grant projects across the state with a focus on promoting health through policy, system, and environmental changes. By providing applicable education and changing the environment where we eat, learn, live, play, shop and work, CNEP is improving the lives of Oklahomans.

THE REACH



25,943

direct education
participants



7,792

direct education
graduates



1,689

individuals impacted
by community
grant projects

THE IMPACT

ADULT GRADUATES



76%
improved food resource
management behaviors



73%
improved food
safety behaviors



71%
improved physical
activity behaviors



44%
eat fruit
more often



42%
eat vegetables
more often

YOUTH GRADUATES



47%
improved food
safety behaviors



37%
drink fruit-flavored
drinks less often



35%
improved physical
activity behaviors



33%
eat vegetables
more often

While reviewing the lesson from the previous week, which was about reading the Food Label, a young girl in the classroom told me she showed her mother how to look at a food label in the grocery store. She told us that her mother was going to buy Sunny D for the family. She had her mom to look at the ingredients list and the first item was water and the second sugar. Her mother was surprised and put it back. She told the class her mom bought 100% orange juice. I have been telling the kids that they have the power to show their parents what they have learned from the classes. That made my day.

- Muskogee County

A family was referred to our program from a local home health agency. The individual, a 700+ pound male in his 20s, lives with his parents and is home bound and unable walk. The family reports that they are enjoying the new recipes and cooking healthier foods. They have learned about portion sizes, are reading food labels, and decreased fast food. The participant reports he is getting up to eat meals at the table with his family and is no longer drinking soda. While working with our program and his physical therapist, he has been more active and is now able to walk the length of the home daily. He states his life has changed as "[his] body has changed, [there is] less fluid on [his] body and [his] mood and mental health have improved." He has set a one-year goal to be out of the house and working.

- Oklahoma County

An adult male began the program while in court-ordered drug/alcohol rehab and parenting courses in order to regain custody of his children. The children's mother was also in the same situation and attended the program as well. He was into bodybuilding and was interested in his personal health. He had very little knowledge as to what foods are healthy, and was relying on protein shakes and easy-to-prepare processed foods at home. He was very enthusiastic throughout each lesson, commenting and questioning, in order to learn as much as possible. Several times he related how they had tried a new vegetable for dinner while the kids were visiting and the kids had enjoyed it too. After the lesson on Nutrition Labels, he mentioned that he now reads labels in the grocery store and knows what to look for. He and their mother are preparing fresher foods for meals several nights a week. Additionally, they are including the kids in meal preparation and encouraging them to try the new, healthier foods.

- McCurtain County

