EFNEP is a nutrition education program of the Oklahoma Cooperative Extension Service funded through USDA-NIFA. EFNEP’s mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyle, food resource management, food safety and physical activity. In 2015, EFNEP reached 1,233 adults and 22,050 youth directly and nearly 4,672 family members indirectly.

DEFINING THE PROBLEM

Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

INVESTING IN THE SOLUTION

EFNEP brings together federal, state, and local resources to target two primary audiences: low-income families with young children and low-income youth. The program operates in 28 counties throughout Oklahoma, providing 75 job opportunities to local citizens, which contributes more than $1.4 million to the state economy in salary and benefits.

REACHING DIVERSE POPULATIONS

At least 53% of all EFNEP adults are minorities.

MINORITY

53%

NON-MINORITY OR NOT PROVIDED

47%

14% African-American

14% American Indian or Alaskan Native

14% Hispanic

3% Other

8% Multiple races identified

47% White

2015 IMPACTS: OKLAHOMA EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

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After participating in 15 nutrition education classes in 4.5 months, one American Indian adult graduate went from consuming a diet nearly void of nutrients at the beginning of the program, to a diet that meets the Recommended Dietary Allowances for several nutrients and food groups including vegetables, dairy, folate, and iron at the conclusion of the program.

One graduate of the program, who has three children, reported greater financial stability and nutrition practices after participating, “Our budget has improved by shopping smart and comparing prices. I am very excited that we are making smarter choices on what we eat.”

A third grader who had participated in the program at school brought nutrition awareness to her family—prior to purchasing milk, she used the skills learned in class to look at nutrition labels with her mom.

**WHY IT WORKS**

EFNEP educators follow a research-based learning model that allows them to effectively reach and educate program participants. Educators are

- members of the communities they support;
- trained/supervised by university and county-based faculty;
- skilled in using hands-on, interactive teaching methods;
- committed to delivering sound instruction;
- able to influence changes in behavior and impact the lives of those they teach; and
- dedicated to reaching diverse, low-income populations.

**DEMONSTRATING RESULTS**

**IMPROVEMENT IN FOOD GROUPS**

Data reported through diet recalls show that EFNEP graduates eat more closely to MyPlate recommendations. It also shows there is still a need for nutrition education.

**CHANGING ADULT BEHAVIOR**

- **DIET/NUTRITION**
  - Percentage of adults improving nutrition practices: 89%
  - Percentage of 9,521 youth increasing knowledge or ability to choose healthy food: 78%

- **FOOD SAVINGS**
  - Percentage of adults bettering food resource management practices: 83%
  - Percentage of 5,227 youth increasing frequency of fruit consumption: 28%

- **FOOD SAFETY**
  - Percentage of adults improving food safety practices: 59%
  - Percentage of 9,511 youth improving food safety & preparation knowledge or practices: 41%

- **PHYSICAL ACTIVITY**
  - Percentage of adults increasing their physical activity levels by 30 minutes or more: 35%
  - Percentage of 9,516 youth improving physical activity knowledge or practices: 27%

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