

EFNEP

EXPANDED FOOD NUTRITION EDUCATION PROGRAMS (EFNEP)

2013 ANNUAL REPORT

EFNEP is a nutrition education program of the Oklahoma Cooperative Extension Service funded by the USDA's National Institute of Food and Agriculture. EFNEP combats obesity by helping low-income individuals gain the skills and motivation they need to improve their diets and be more physically active.



TESTIMONIALS

3rd Grade Teacher

When the nutrition educator first visited my 3rd grade classroom three years ago, I was overweight and had a 32 oz. soda and a honey bun each morning for breakfast. I let my students know that they needed to eat better but I wasn't going to change my habits. As I listened to the lessons taught by the nutrition educator and reading the newsletters for the parents, I realized I needed to change. When the nutrition educator returned to my classroom the second year, I had lost 20 pounds! When she returned to my classroom the third year, I had lost a total of 45 pounds and look and feel great! I simply started to eat more fruits, vegetables, and whole grains and have completely eliminated soda from my diet!

Paraprofessional Nutrition Educator

The lessons helped the participant shop more economically. The family cut their food costs, bought healthier foods, and is eating more meals as a family. The participant loved the ease of the recipes and is proud to announce she has dropped two pant sizes since starting the program.

Adult Participant

I used the 15 minute walking DVD to get up from sitting at the computer and I actually lost weight! My family eats more green vegetables and more fruit and we fry foods less often.

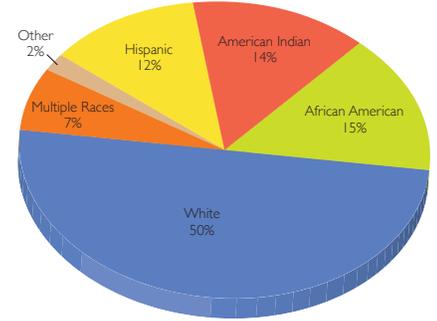
Youth Participant

Because of the food safety lesson at school, my family has been washing our hands before we eat!

EFNEP for YOUTH

Youth learn to:

- Develop healthy eating habits
- Choose healthy snacks
- Be more active
- Practice safe food handling

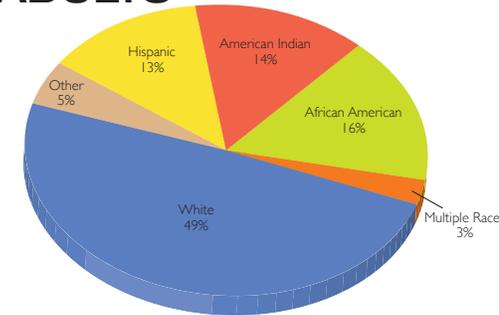


EFNEP paraprofessional educators use evidence-based curriculum with third and fourth graders in schools and after-school settings. In federal fiscal year 2013, 21,826 youth participated in EFNEP lessons statewide.

EFNEP for ADULTS

Adults learn to:

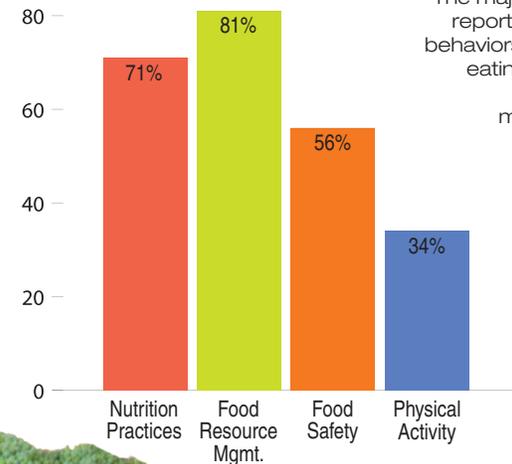
- Develop healthy eating habits
- Stretch their food dollars
- Be more active
- Practice safe food handling



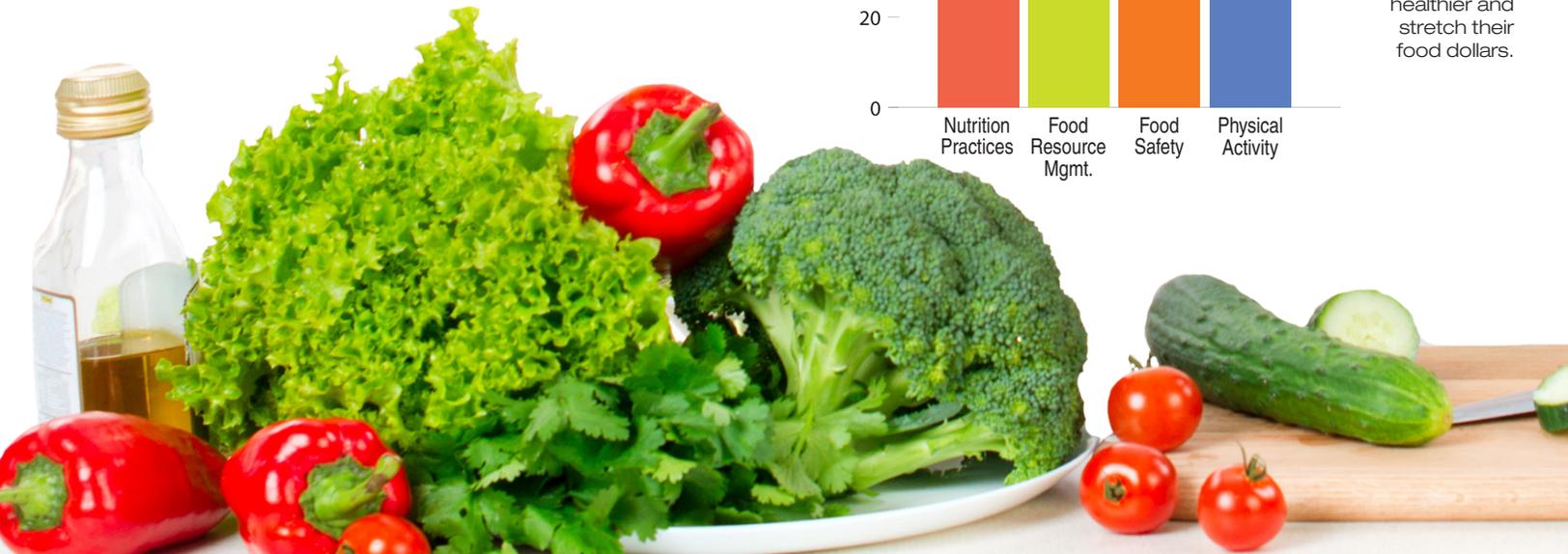
EFNEP paraprofessional educators deliver evidence-based curriculum to limited resource families. In a 9 to 17 lesson series, adult participants learn about healthy food preparation, nutrition, food safety, food budgeting and physical activity through hands-on activities.

ADULT IMPACTS & OUTCOMES

In federal year 2013, 1,412 adult participants were taught the EFNEP series of classes in Oklahoma by paraprofessional educators.



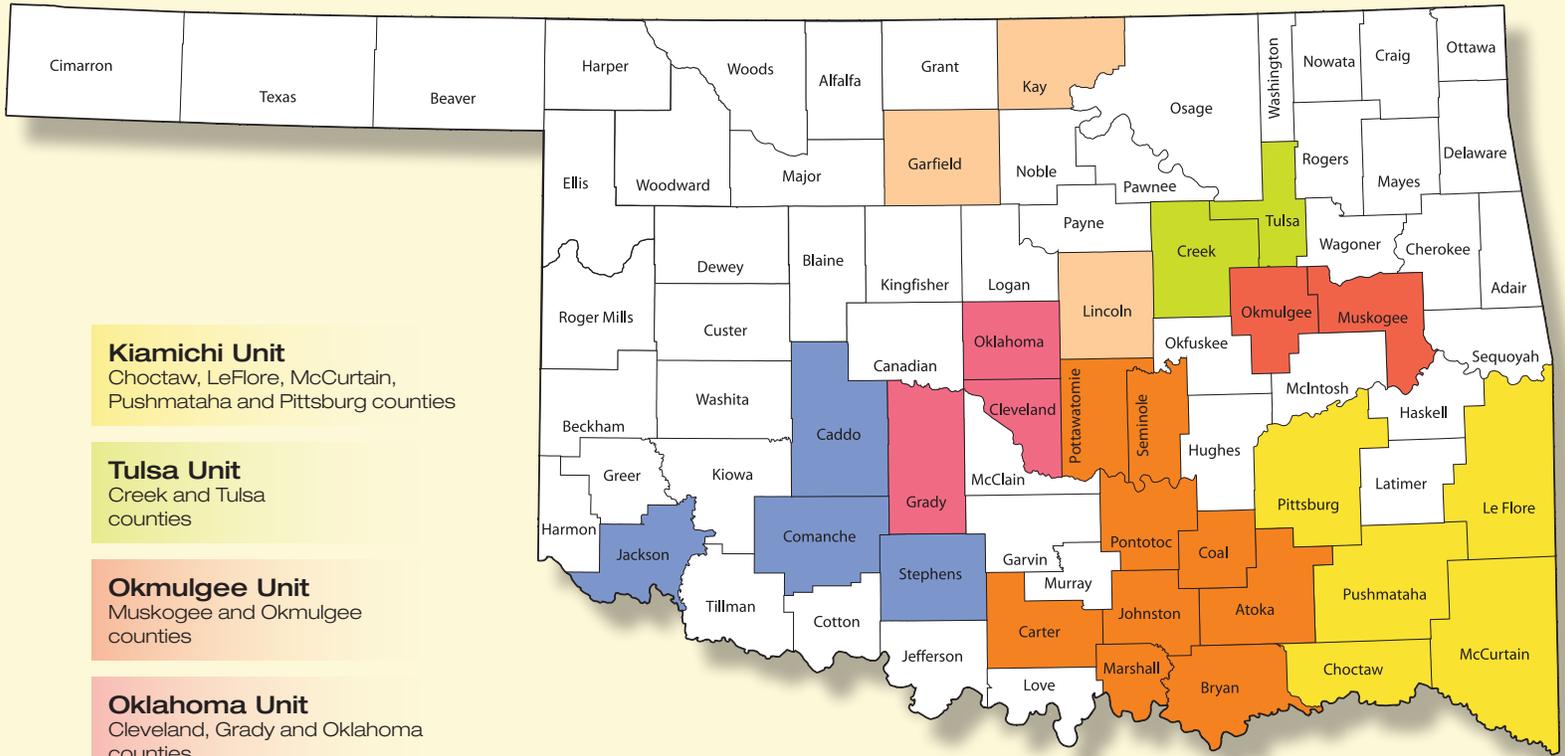
The majority of participants reported improvement in behaviors related to healthy eating (71%), budgeting and food resource management (81%), food safety (56%), and physical activity (34%). These improved behaviors will help families eat healthier and stretch their food dollars.



Oklahoma ranks higher than the national average of those who are hungry or food insecure. Children who are malnourished or hungry are at a greater risk for failing in school and work, marking them for a lifetime. As a result of Oklahoma EFNEP, 46 percent of participating families ran out of food less often.



OKLAHOMA EFNEP UNITS



Kiamichi Unit
Choctaw, LeFlore, McCurtain,
Pushmataha and Pittsburg counties

Tulsa Unit
Creek and Tulsa
counties

Okmulgee Unit
Muskogee and Okmulgee
counties

Oklahoma Unit
Cleveland, Grady and Oklahoma
counties

Pontotoc Unit
Atoka, Bryan, Carter, Coal, Johnston, Marshall,
Pontotoc, Pottawatomie counties

Comanche Unit
Caddo, Comanche, Jackson and
Stephens counties

Northwest Unit
Garfield, Kay and Lincoln
counties

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