



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**

SNAP-ED 2024 ANNUAL IMPACT REPORT

Supplemental Nutrition Assistance Program Education



THE HEALTH OF OKLAHOMA



40% of Oklahoma's adult population is obese.¹



33.8% of all children and youth ages 10-17 are overweight or obese.²



3.8% of adults meet national, daily recommendations for fruit and vegetable intake.¹



9% of high school students eat vegetables.³



37.5% of Oklahomans do not eat one or more fruit per day.¹



29.5% of adults reported doing no physical activity or exercise other than their regular job in the past 30 days.³

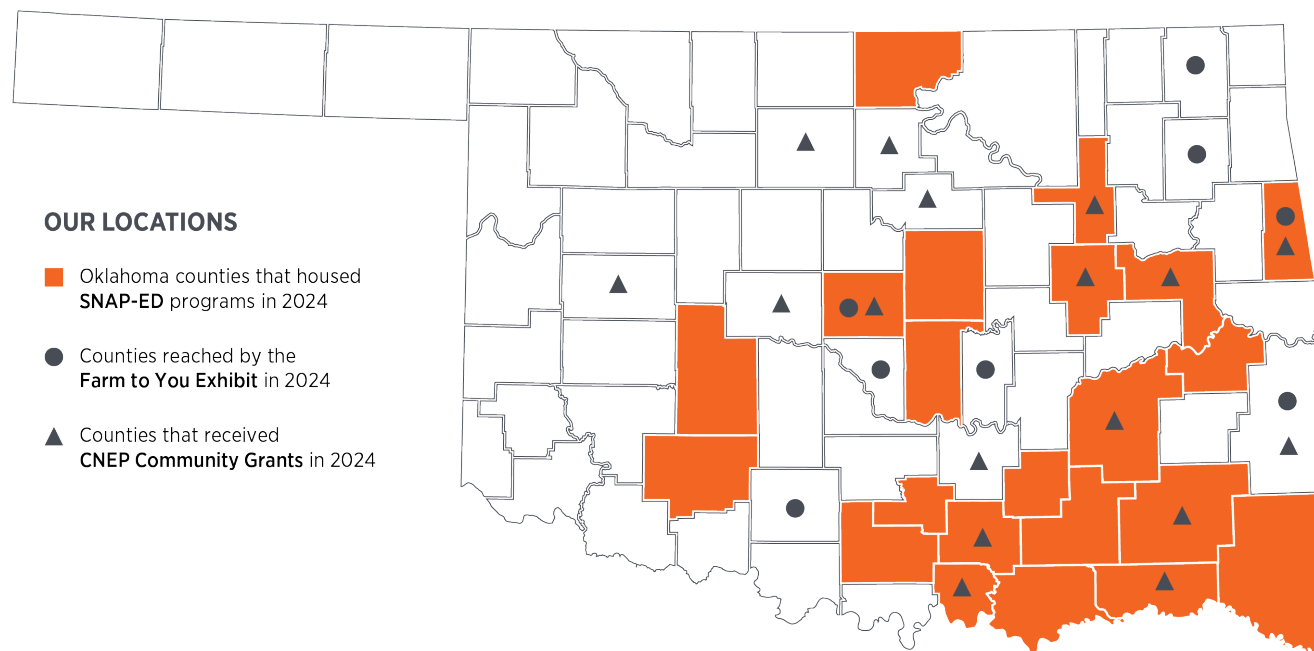
LEARN MORE ABOUT SNAP-ED

OUR PURPOSE

The Community Nutrition Education Program (CNEP), a service of OSU Extension, uses SNAP-Ed funding to provide education and support for families with limited resources, including families with young children, school-age youth and pregnant teens to help improve their nutrition and physical activity behaviors.

WHAT WE DO

Paraprofessionals and OSU Extension educators deliver research-based, hands-on learning experiences to 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, systems and environmental changes. CNEP is improving the lives of Oklahomans by providing applicable education and resources where they eat, learn, live, play, shop and work.



INVESTING IN THE SOLUTION

-  **32 Jobs**
to local citizens
-  **369 volunteers**
committed **2,893** hours
-  **\$96,897** estimated
value of volunteer time⁴
-  **167** volunteers committed **700** hours
to the **Farm to You** exhibit
-  **\$23,443** estimated value of
Farm to You exhibit volunteer time

COMMUNITY PARTNERSHIPS

-  **289 community partnerships**
across Oklahoma

THE EDUCATIONAL REACH

-  **8,765**
program participants
-  **4,898**
program graduates
-  **4,742**
youth reached by the
Farm to You exhibit
-  **60,258**
program participants, family
members and community
reached with educational
resources

THE IMPACT

ADULT GRADUATES

-  **96%** improved diet quality behaviors
-  **73%** improved food safety behaviors
-  **68%** improved physical activity
behaviors
-  **90%** improved food resource
management
-  **38%** eat fruit more often
-  **41%** eat dark green vegetables
more often

YOUTH GRADUATES

-  **81%** improved diet quality behaviors
-  **49%** improved food safety behaviors
-  **49%** improved physical activity behaviors
-  **37%** of 3rd-5th graders drink fruit
flavored drinks less often
-  **35%** of 6th-12th graders eat fruits more
often
-  **35%** of 3rd-5th graders eat vegetables
more often

COMMUNITY GRANT PROJECTS

CNEP funds policy, systems and environmental (PSE) change projects in low-income communities across the state of Oklahoma. PSE approaches go beyond educational programming to effect change in the systems where people work, live and play.



13,576 reached by projects



\$334,197 estimated dollar value of volunteer time



2,169 volunteers
committed **9,979** hours

COMMUNITY GRANT PROJECT IMPACTS

POLICY, SYSTEMS AND ENVIRONMENT (PSE) INTERVENTIONS

Women Prison – Gardening Initiative

Background

This class was an extended class that included the CNEP core classes as well as the remaining 13 classes in our curriculum. Along with CNEP curriculum, they also had an adaptation of the University of Texas A&M youth gardening curriculum and an adaptive OSU Master Gardener curriculum. This class restarted the garden plots and greenhouse at the women's prison in 2024. The class also contributed new compost bins for the garden crew to compost kitchen scraps to rebuild the soil in the prison's neglected garden plots. The program had seed money of \$1000 from two donors to get started. The ladies worked



hard, tilling up the garden plots with only hand tools. The ladies preserved one of the plots and got it fully operational, producing enough crops to give away food to the staff and state DOC officials that came to the facility. The class also supplied the prison's general population with fresh produce from the garden. The next objective is to have enough produce to sell to the public to fund future agriculture classes at the prison. One participant shared her success story:

"This class has allowed me to learn the things necessary to be healthier and has given me tools to take home to my family. I've learned how to be aware of what I'm putting into my body, how to read food labels, and the importance of just being healthier all around. I've become more active by working every day in the garden, sometimes up to three to five hours a day, and walking as much as possible. The agriculture part of this class has shown me that I can start from nothing and feed my family and save money, not to mention we all became healthier from eating the fruits and vegetables we had grown. I'm so excited about being able to start composting and knowing that I have learned enough

to build and sustain a garden when I get home to my family. Thank you so much for this once in a lifetime opportunity. I'm proud to have been a part of it."

- Muskogee County

THE STORIES

ADULT SUCCESS STORIES

Older Adult Makes Healthy Drink Choices and Moves More.

Outcomes/Impacts: This story highlights the value of incorporating visual aids when teaching the adult program. Although the participant was initially disengaged, seeing the sugar content in his favorite drinks motivated him to start reading nutrition labels and make healthier beverage choices. Given the high prevalence of obesity and diabetes among adults and older adults in Oklahoma, educating participants about the sugar content in beverages and its impact on their health is crucial.

While teaching at a senior nutrition center, an older gentleman shared that he had four to five Route 44 sodas a day. When I was teaching the lessons, this gentleman was not very engaged because he said, "none of this information applies to me because I'm healthy." As we approached our last lesson over smart drink choices, I brought the "Think Your Drink" kit and physically showed him how much sugar he was putting into his body every day. He was shocked. About a week after graduation, I received a call from him telling me that once he realized the amount of sugar he was consuming with his drinks, he decided to stop drinking sodas and is watching his juice intake. He is now reading food labels to check for sugar content and is also moving more. That made me so proud of him and made me appreciate my job more because I can make a difference.

- Carter County

YOUTH SUCCESS STORIES

WHOA, Granny!

Outcomes/Impacts: This story highlights the effectiveness of the nutrition education program in teaching children to make healthier food choices. The grandson's decision to choose a more nutritious option over a WHOA food demonstrated a significant behavior change. This success story underscores the importance of the program in promoting diet quality and personal growth among youth, ultimately benefitting the families and communities by fostering healthier eating habits.

I teach a combined second and third grade class at one of my rural pre-k through eighth grade schools. The teacher in the classroom has her daughter and son-in-law living with her. Her grandson is in her class. She had gone to the

store and brought home some apple turnovers. The teacher told me her grandson came to her and said, “Granny, I’m hungry.” She replied “You know, (child’s name), I am kind of hungry too.” At this point, she went to the cabinet and took down the apple turnovers. Her grandson shouted, “NO, Granny; that’s a WHOA food. I think I will just have a bowl of cereal instead.” The granny told me the kids really are learning, even when we think they aren’t, because she hears her class talk about GO and WHOA foods all the time.

- Adair County

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- 1 *America’s Health Rankings. Annual Report. Oklahoma Summary 2022.*
 - 2 *America’s Health Rankings. Health of Women and Children. Oklahoma Summary 2022.*
 - 3 *Oklahoma State Department of Health. Oklahoma Youth Risk Behaviors Survey (YRBS) Data and Reports. Nutrition Infographic, 2019.*
 - 4 *Independent Sector. 2023 Value of Volunteer Time.*

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