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
8% Multiple races identified
3% Other
47% White

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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

<table>
<thead>
<tr>
<th>Diet/Nutrition</th>
<th>Percentage of adults improving nutrition practices</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>89%</td>
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INFLUENCING YOUTH*

<table>
<thead>
<tr>
<th>Food Savings</th>
<th>Percentage of adults bettering food resource management practices</th>
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<tbody>
<tr>
<td></td>
<td>83%</td>
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</table>

<table>
<thead>
<tr>
<th>Food Safety</th>
<th>Percentage of adults improving food safety practices</th>
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<tbody>
<tr>
<td></td>
<td>59%</td>
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<thead>
<tr>
<th>Physical Activity</th>
<th>Percentage of adults increasing their physical activity levels by 30 minutes or more</th>
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<tbody>
<tr>
<td></td>
<td>35%</td>
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</table>

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Percentage of adults increasing their physical activity knowledge or practices</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>27%</td>
</tr>
</tbody>
</table>

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