Community Nutrition Education Programs

County Impact Report

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County: Tulsa

Area Coordinator: Jan Dawson

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What We Do:

CNEP *Fresh Start* Adult Program

- Nutrition education lessons designed to improve nutrition practices, promote physical activity, increase safe food handling practices, and increase food resource management skills of low-income, limited-resource families.
- Adults can enroll in groups or individually, and programming can be short term (8 lessons) or long term (up to 21 lessons).

CNEP *Food and Fun for Everyone* Youth Program

- Teaches K-5th grade youth about nutrition, food safety, physical activity, and body image.
- Healthy behaviors of children are associated with higher academic achievement. CNEP's goal is to give students the best chance at academic success while also encouraging healthy habits they can use for the rest of their lives.

The Impact in Tulsa County:

686
Adult participants

400
Adult graduates of the program to date

2336
Family members reached indirectly

92.5%
Of adult graduates improved in one or more **diet quality areas**

(eating fruits & vegetables, drinking less sugary beverages, cooking dinner at home)

79.5%
Of adult graduates improved in one of more **food resource management areas**

(comparing food prices, planning meals &/or making a list before shopping)

74%
Of adult graduates improved in one or more **physical activity areas**

(exercising for at least 30 minutes a day, making small changes to be more active)

77%
Of adult graduates improved one or more **food safety practices**

(washing hands before preparing food, not thawing frozen food at room temperature, using a meat thermometer)

6771

Youth participants

2347

Youth **graduates** of the program to date

(Youth that received long-term programming)

77.5%

Of youth graduates improved in one or more **dietary quality areas**

(choosing healthy foods, eating more fruits and vegetables, drinking less sugar sweetened beverages)

28%

Of youth graduates improved in one or more **physical activity areas**

(recognizing physical activities they can do, increasing physical activity frequency &/or duration)

42%

Of youth graduates improved in one or more **food safety areas**

(recognizing when to wash hands, washing fruits and vegetables before eating, washing hands, putting cold foods back in the refrigerator)

Why it Matters:

Oklahoma is ranked **47th** in America's Health Rankings[1]

36.5% of Oklahoma adults are considered obese[1]

Oklahoma has the **5th highest** rate of obesity for youth ages 10 to 17[2]

Evaluation shows that CNEP participants make meaningful behavior changes toward healthy/active lifestyles as a result of adult and youth programming. These changes will decrease the risk of chronic disease, contribute to good health, and improve overall quality of life.

EFNEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

OKLAHOMA STATE UNIVERSITY
Community Nutrition Education Programs

SNAP
USDA
Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach