



2015 IMPACTS: KIAMICHI UNIT COMMUNITY NUTRITION EDUCATION PROGRAMS (CNEP)

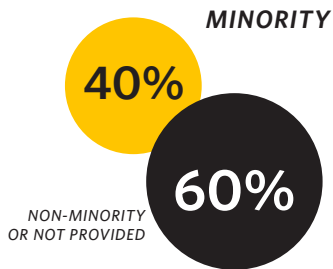
CNEP is a nutrition education program of the Oklahoma Cooperative Extension Service funded through USDA-NIFA. CNEP’s mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and a healthy lifestyle, food resource management, food safety and physical activity. In 2015, CNEP reached **574** adults and **5,224** youth directly and nearly **1,729** family members indirectly in the Kiamichi Unit.



Percentage of adults **improving diet**, including **consuming an additional 1/4 cup of fruits and vegetables**

REACHING DIVERSE POPULATIONS

At least **40%** of **all** CNEP adults in the Kiamichi Unit were minorities.



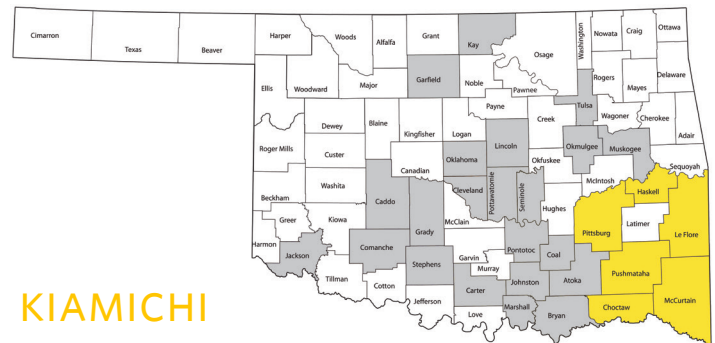
- 7% Black or African-American
- 22% American Indian or Alaskan Native
- 3% Hispanic or Latino
- 7% Multiple races identified
- 1% Other
- 60% White

DEFINING THE PROBLEM

Obesity, poor nutrition, and limited physical activity are significant health concerns in Oklahoma. More than 1/3 of adults are considered obese, nearly 1/3 participate in no physical activity, and over half of adults have minimal fruit consumption. Also, poor health disproportionately affects low-income and minority populations, and educational opportunities are limited.

INVESTING IN THE SOLUTION

CNEP brings together federal, state, and local resources to target two primary audiences: limited resource youth and adults. The program operates in **29** counties throughout Oklahoma. In the Kiamichi Unit, CNEP provides **12** job opportunities to citizens, which contributes nearly **\$429,000** to the state economy in salary and benefits.



KIAMICHI CNEP UNIT

- Oklahoma Unit**
Cleveland, Grady and Oklahoma counties
- Comanche Unit**
Caddo, Comanche, Jackson and Stephens counties
- Kiamichi Unit**
Choctaw, Haskell, LeFlore, McCurtain, Pittsburg and Pushmataha counties
- Northwest Unit**
Garfield, Kay and Lincoln counties
- Okmulgee Unit**
Muskogee and Okmulgee counties
- Pontotoc Unit**
Atoka, Bryan, Carter, Coal, Johnston, Marshall, Pontotoc, Pottawatomie and Seminole counties
- Tulsa Unit**
Creek and Tulsa counties

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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.

Before starting the program, the participant did not eat well. Her son was overweight. The participant told us this program changed her whole food experience. She now checks labels and Nutrition Facts when she shops. She is buying more nutritious foods and her son is trying more fruits and vegetables. She has started watching portion sizes, changed from high sugar cereals to whole grain cereals, set limits on when to eat, and the family is eating their meals more slowly. She is cooking more meals at home, and her son has gone from a size 14 pant to a size 10 pant. She is highly impressed with the program and thanked us.

A Nutrition Education Assistant stated she had recently completed a lesson with a group of young students. A student's grandmother had some complimentary things to say about the CNEP program. The grandmother had been sitting in on the lessons to see what was being taught. She said after last week's lesson on healthy eating, her granddaughter, previously a very picky eater, was eating almost everything offered to her. The grandmother appreciated the impact our program had on her and hoped we would come back to provide more lessons.

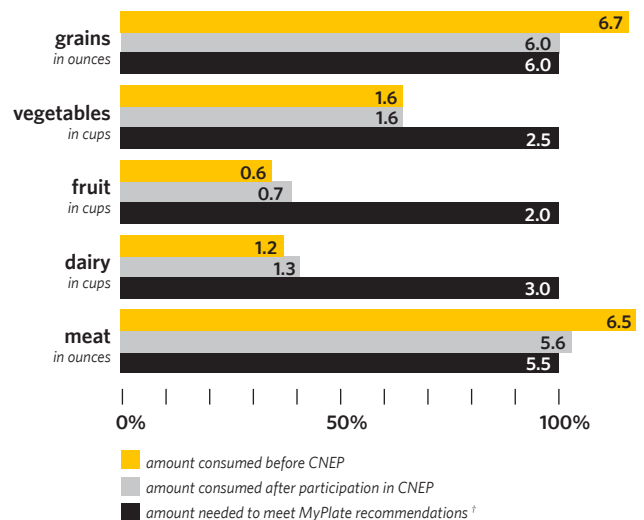
CHANGING ADULT BEHAVIOR

INFLUENCING YOUTH

DEMONSTRATING RESULTS

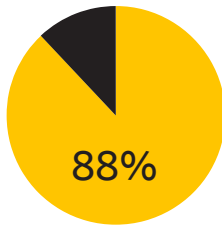
IMPROVEMENT IN FOOD GROUPS

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

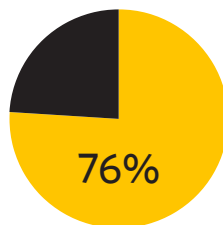


† This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

DIET/NUTRITION

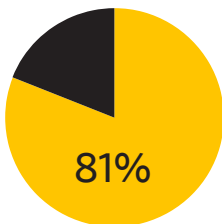


Percentage of adults improving **nutrition** practices

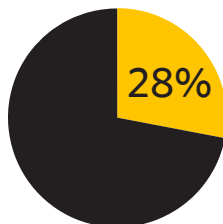


Percentage of reporting youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

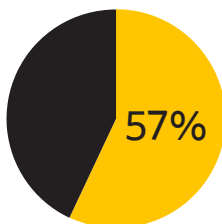


Percentage of adults bettering **food resource management** practices

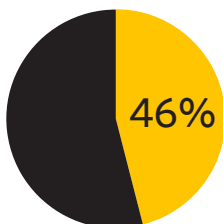


Percentage of reporting youth increasing frequency of **fruit consumption**

FOOD SAFETY

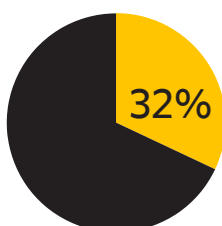


Percentage of adults improving **food safety** practices

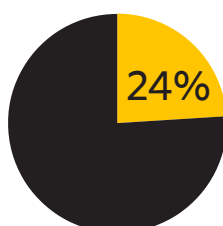


Percentage of reporting youth improving **food safety & preparation** knowledge or practices

PHYSICAL ACTIVITY



Percentage of adults increasing their **physical activity**



Percentage of reporting youth improving **physical activity** knowledge or practices

WHY IT WORKS

In addition to funding, fully staffed county Extension offices are key contributors to the overall success of CNEP.

Nutrition 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.