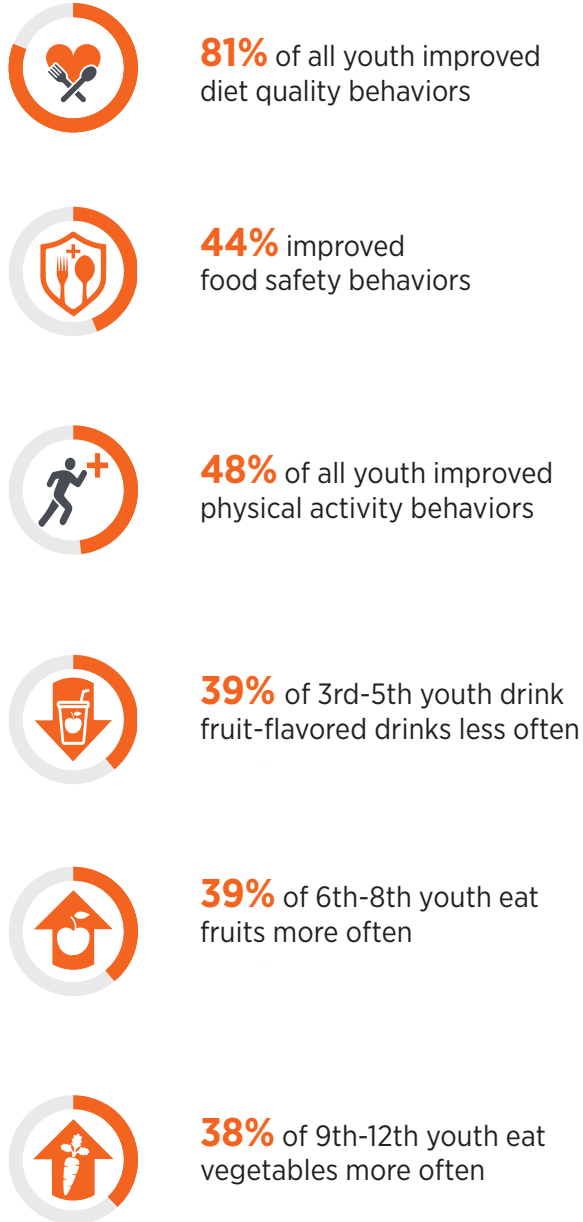


# THE IMPACTS

## ADULT GRADUATES



## YOUTH GRADUATES



## THE SUCCESS STORIES

A 30-year-old woman in rehab shared an inspirational story of recovery and family. After abusing prescription drugs for years, she had lost custody of her two children. Now 30 weeks sober, she has her kids back living with her onsite at the treatment center. While struggling with addiction, she often neglected eating to heighten her high.

After taking my nutrition classes, she began asking questions about healthier eating and living. She wanted to make a new start for herself and her young family. The lessons showed her manageable ways to start exercising, even just by taking daily walks. She learned to budget and cook nutritious meals. Reading nutrition labels helped her make informed choices. With her new knowledge, she is actively creating a healthier lifestyle and traditions centered on family time and wellbeing. Seeing her dedication to build a better life for her kids gives me such hope. Her journey epitomizes the resilience of hope and the possibility of new beginnings.

- Tulsa County

A teacher recently stopped me in the hall, smiling. She shared that her students were monitoring her Dr. Pepper intake, reminding her it was a "Whoa" drink and she should have water instead. I was delighted they were retaining and applying their lessons. Days later, a parent who works at the school told me they now exclusively buy 1% milk. Why? Because her daughter insisted they ditch whole milk, which is a "Whoa," since 1% is a healthier "Go" milk.

Thanks to our 3rd grade CATCH lessons, families are making healthier choices at home. It is so fulfilling to see students become advocates and create meaningful impact on their family's nutrition. Moments like these make all the hard work worthwhile.

- Murray County

## COORDINATOR INFORMATION

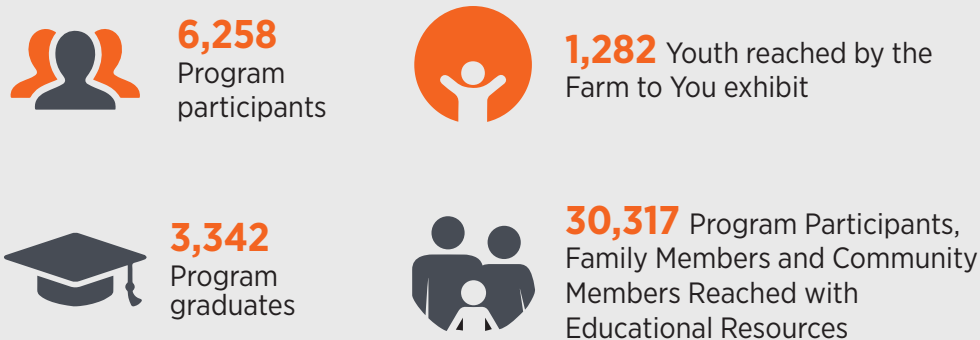
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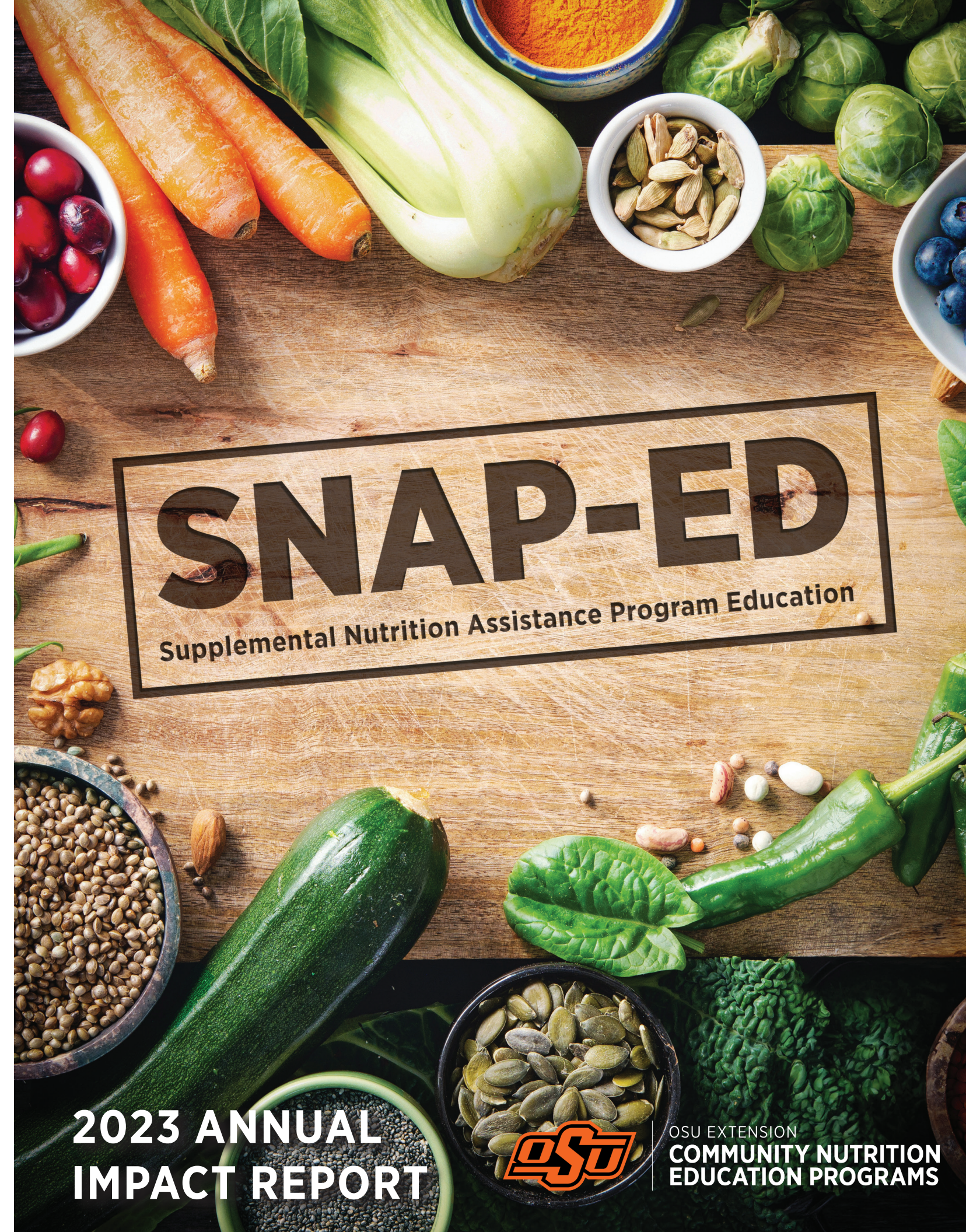
<sup>1</sup>America's Health Rankings. Annual Report. Oklahoma Summary 2022.

<sup>2</sup>America's Health Rankings. Health of Women and Children. Oklahoma Summary 2022.

<sup>3</sup>Oklahoma State Department of Health. Oklahoma Youth Risk Behaviors Survey (YRBS) Data and Reports. Nutrition Infographic, 2019.

<sup>4</sup>Independent Sector. 2022 Value of Volunteer Time.

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