

# KANSAS EFNEP

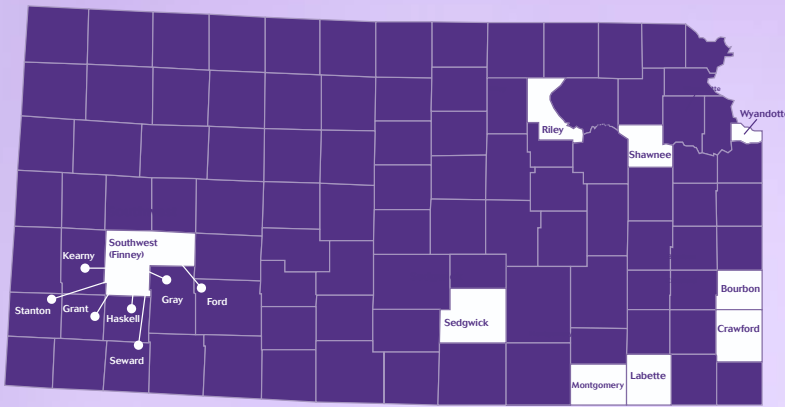
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

# 2015 IMPACTS

PROVIDING NUTRITION EDUCATION FOR FAMILIES WITH LIMITED RESOURCES THROUGH K-STATE RESEARCH AND EXTENSION, WITH FUNDING FROM USDA

	CHANGING ADULT BEHAVIOR	INFLUENCING YOUTH CHOICES	DEMONSTRATING RESULTS																								
<b>DIET QUALITY</b>	<p>97% adults improving diet, including consuming an extra cup of fruits and vegetables</p>	<p>66% youth improving ability to choose healthful foods</p>	<p>Data reported through diet recalls show that EFNEP graduates change their behavior and eat more closely to MyPlate recommendations. Despite positive changes, the need for improvement continues.</p> <table border="1"> <tr> <td>In ounces</td> <td>7.0</td> <td>6.4</td> <td>6.0</td> </tr> <tr> <td>In cups</td> <td>1.8</td> <td>2.1</td> <td>2.5</td> </tr> <tr> <td>In cups</td> <td>.94</td> <td>1.7</td> <td>2.0</td> </tr> <tr> <td>In cups</td> <td>1.5</td> <td>2.3</td> <td>3.0</td> </tr> <tr> <td>In ounces</td> <td>6.2</td> <td>6.2</td> <td>5.5</td> </tr> <tr> <td>Extra calories from solid fats and added sugars (SoFAS)</td> <td>459</td> <td>386</td> <td></td> </tr> </table> <p>ChooseMyPlate.gov</p> <ul style="list-style-type: none"> <li>■ amount consumed before EFNEP</li> <li>■ amount consumed after participation in EFNEP</li> <li>■ amount needed to meet MyPlate recommendations*</li> </ul> <p>*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 levels vary (see MyPlate.gov).</p>	In ounces	7.0	6.4	6.0	In cups	1.8	2.1	2.5	In cups	.94	1.7	2.0	In cups	1.5	2.3	3.0	In ounces	6.2	6.2	5.5	Extra calories from solid fats and added sugars (SoFAS)	459	386	
In ounces	7.0	6.4		6.0																							
In cups	1.8	2.1		2.5																							
In cups	.94	1.7		2.0																							
In cups	1.5	2.3		3.0																							
In ounces	6.2	6.2	5.5																								
Extra calories from solid fats and added sugars (SoFAS)	459	386																									
<b>FOOD SAVINGS</b>	<p>87% adults bettering food resource management practices</p>	<p>36% youth improving their physical activity practices or knowledge</p>																									
<b>FOOD SAFETY</b>	<p>60% adults improving food safety practices</p>	<p>43% youth improving safe food handling practices</p>																									
<b>NUTRITION</b>	<p>93% adults improving nutrition practices</p>																										
<b>PHYSICAL ACTIVITY</b>	<p>54% adults increasing physical activity</p>	<p>3,286 hours   \$15/hour   \$49,296</p>																									

## ASSISTING FAMILIES ACROSS KANSAS



## REACHING DIVERSE AUDIENCES

At least 21% of Kansas EFNEP adults are minorities.

Ethnicity not provided  
Hispanic or Latino  
Not Hispanic or Latino



40% of EFNEP clients were pregnant

0%	0%	1%	Multiple races identified
0%	0%	9%	African-American
0%	0%	1%	American Indian or Alaska Native
0%	0%	4%	Asian
0%	0%	0%	Native Hawaiian or other Pacific Islander
1%	41%	38%	White
0%	4%	0%	Race not provided

### EFNEP HELPS PREGNANT PARTICIPANTS PREPARE FOR BREASTFEEDING

Two pregnant participants completed the EFNEP program and are adamant they want to breastfeed their babies when they are born. When the women began EFNEP lessons, they were both unsure about wanting to breastfeed. One of the women indicated she was not successful with breastfeeding her first child, and has asked a lot of questions about breastfeeding at every lesson. With her questions answered by the EFNEP nutrition assistant, she now feels very confident that she will be successful breastfeeding this baby.

### EFNEP IMPROVES SAFE FOOD HANDLING

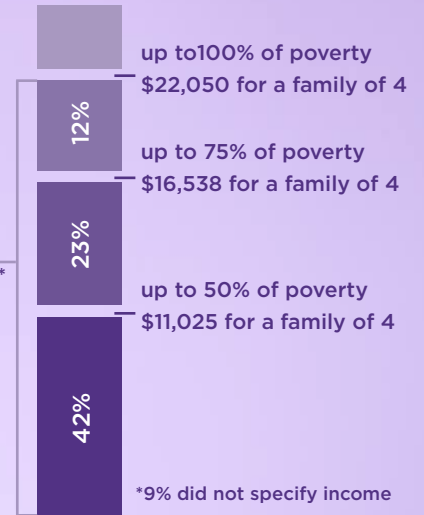
After a food safety lesson, an EFNEP client indicated that when thawing meat, she now puts the meat on a plate and places it on the bottom shelf of the refrigerator to thaw instead of letting it sit out on the counter.

## SUPPORTING LOW INCOME FAMILIES

77% of EFNEP participants who reported income are at or below 100% of poverty, earning \$22,050 a year or less for a family of four.

13% of participants above poverty\*

77% of participants at or below poverty\*



## EFNEP COLLABORATES TO IMPROVE COMMUNITIES

In 2015, local Kansas EFNEP programs partnered with hundreds of organizations, institutions and agencies to **improve environmental settings and positively affect sectors of influence** at the community, county and district levels. Here are some of the many partners with which we worked:



- Adult education and training sites
- Churches
- Community centers
- Health care sites
- Emergency food assistance sites
- Worksites
- Adult rehabilitation centers
- Schools

### EFNEP HELPS PARTICIPANTS MAKE LASTING CHANGES

A Shawnee County EFNEP graduate contacted her nutrition educator **four years after she completed** the EFNEP lesson series. She told the educator that she is still limiting the high sugar foods that she buys and eats, and she has been able to reduce her weekly grocery bill from \$200 to \$80 by shopping with a list.

FOR ADDITIONAL INFORMATION CONTACT:

Sandy Procter, Ph.D., RD, LD, Kansas Coordinator, Expanded Food and Nutrition Education Program, [procter@ksu.edu](mailto:procter@ksu.edu)

"This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture."



United States Department of Agriculture National Institute of Food and Agriculture