

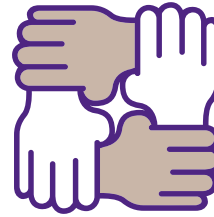
Impact Report 2025

Kansas Expanded Food and Nutrition Education Program (EFNEP)

Kansas EFNEP, implemented by Kansas State University Extension and funded by USDA's National Institute of Food and Agriculture, collaborates with communities across Kansas to enhance the health and well-being of youth, families, and pregnant individuals.

Building Thriving Communities Together

Focusing on four essential areas: diet quality and physical activity, food resource management, food safety, and food security. EFNEP supports community-driven goals through:



1

Encouraging Self-Sufficiency and Nutritional Well-Being

EFNEP equips Kansans with the skills and knowledge to meet their families' nutrition needs and make informed health choices.

2

Creating Supportive Environments for Health

EFNEP works closely with local partners to transform food and physical environments, making health accessible and achievable for all Kansans.

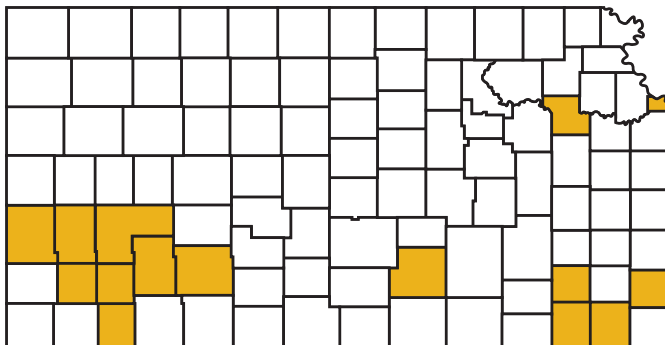
3

Building a Culture of Health

By cultivating healthy habits, EFNEP fosters a culture where individuals, families, and communities are equipped to make informed health decisions.

EFNEP in Our Communities

EFNEP works in diverse communities, focusing on those who benefit most from improved access to nutrition education and health resources.



EFNEP is in 15 Kansas Counties (Sedgwick, Shawnee, and Wyandotte, Crawford, Finney, Ford, Grant, Gray, Hamilton, Haskell, Kearny, Labette, Montgomery, Seward, and Wilson).

1,055

Kansans received nutrition Education
495 Adults and 560 Youth

1,888

Total Family Members Reached



54% Identified as Hispanic or Latino



73% Reported income at or below 100% the Federal Poverty Level



23% Were pregnant

EDUCATION WITH IMPACT

Adults Graduates		Youth Graduates
97%	Improved diet quality behaviors	84%
83%	Improved physical activity behaviors	75%
87%	Improved food safety behaviors	66%
95%	Improved food resource management behaviors	51%

Families saved an average of **\$83.20** per month on food.
Demonstrating the impact of EFNEP on family budgets and food security.

IMPACT IN ACTION

"EFNEP classes helped me be more physically active, control my portion sizes, eat more vegetables, and make better drink choices. By practicing these skills, I was also able to lose weight." — Sedgwick County Participant

"We started a family yoga gathering and have been adding fruit to our water to help increase our intake. We're moving more, and I've begun meal planning. I'm looking forward to payday so I can get my supplies and start meal prepping. I'm also planning a trip to the local Farmers Market for fresh fruit." — Shawnee County Participant

"Since I started the EFNEP classes, my A1C has dropped 7 points! By continuing to use the skills I learned, I hope to be able to reverse my diabetes and reduce the complications associated with it. I feel confident that I can help my children reduce their risk for diabetes, too." — SW Region Participant

JOIN US IN BUILDING A HEALTHIER KANSAS!

EFNEP's success is built on relationships, commitment of participants, local partners, and community supporters. Together, we are creating a healthier Kansas, where individuals, families, and communities thrive.

KANSAS STATE
UNIVERSITY

Extension

For more information or to get involved:

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