

Nutrition Education Program (NEP)

2014 Annual Impact Report

THE CHALLENGE

31% of Nebraska children are overweight or obese.

67% of Nebraska adults are overweight or obese.

70% of adults in Nebraska do not eat the recommended daily amount of fruits and vegetables.

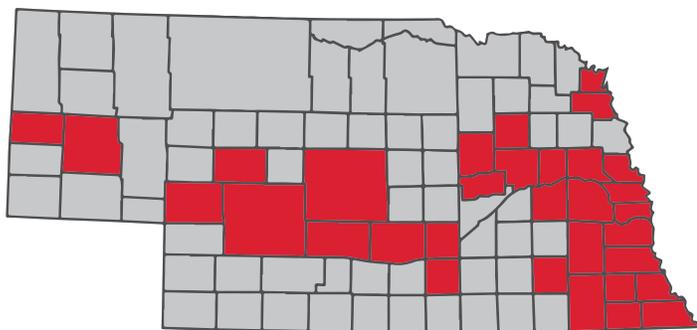
THE NEP SOLUTION

- Teach youth the importance of nutrition and physical activity.
- Teach low-income families how to plan meals and prepare healthy foods.
- Teach low-income families' how to stretch tight budgets and buy healthy foods.

29,610 Total number of adults and youth impacted by the Nutrition Education Program in 2014

SNAP-Ed Counties

Nutrition assistants are teaching low-income families and individuals in 32 counties across Nebraska.



Nebraska Extension's Nutrition Education Program (NEP) is funded by the Supplemental Nutrition Assistance Program - Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). Our efforts are focused on improving the health of Nebraskan's by improving the nutrition and physical activity practices of youth and adults. NEP is the largest nutrition education program in Nebraska. Using an evidence based curriculum, nutrition assistants in 32 counties across Nebraska teach low-income families and individuals how to use their SNAP benefits so that they do not run out of money for food prior to the end of the month.

Participants learn about:

1. Meal Planning
2. Grocery Shopping
3. Reading Food Label
4. MyPlate
5. Physical Activity
6. Portion Sizes
7. Feeding Children, Food Safety, Food Preparation, and/or Food Storage

SNAP-Ed

SNAP-Ed provides educational programs that help participants make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans. This project is administered jointly by the Nebraska Department of Health and Human Services and Nebraska Extension.

SNAP-Ed reaches adults and youth and offers lessons in the areas of diet quality, food resource management, and food safety for a culturally diverse, limited-resource audience either individually or in small groups. SNAP-Ed also works to improve health at the environmental level by training child care providers about nutrition and physical activity, by working with schools to implement school wellness policies, and by forming food policy councils in rural Nebraska communities.

2014 NEBRASKA SNAP-ED NUMBERS

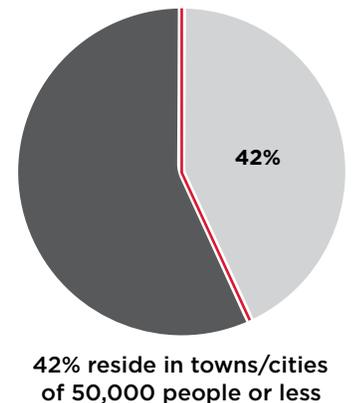
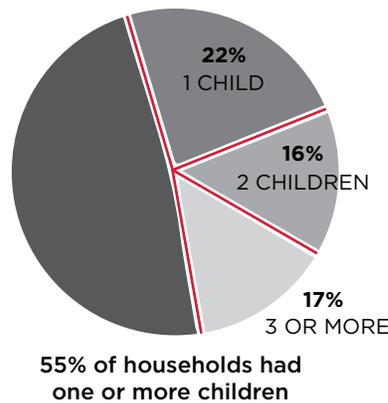
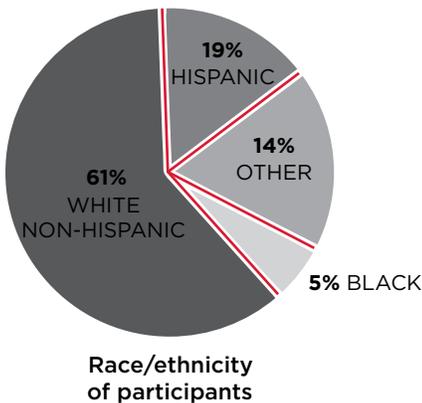
impact

156,991 Youth were reached through SNAP-Ed

1,054 Participants that graduated from SNAP-Ed

5,324 Participants enrolled in the adult nutrition program

client profile



helping youth

After participating in a NEP youth program, the following youth agree or strongly agree that . . .



They learned the foods they should eat everyday.



They learned how to make healthy food choices.



Their family has prepared healthier meals.



They learned skills for buying food on a budget.



They learned cooking skills.

child care providers

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program is a practice-based intervention to enhance policies, best practices, and environments in child care. The program was implemented by 10 SNAP-Ed staff in child care centers and in-home daycare in 15 counties. A total of 88 child care providers participated in NAP SACC.

EFNEP is a nutrition outreach program funded through the US Department of Agriculture (USDA) – National Institute of Food and Agriculture (NIFA). EFNEP improves the health of limited resource youth and adults with young children through lessons on:

- Basic nutrition and healthy lifestyles
- Food safety
- Food resource management
- Physical activity

The EFNEP youth program offers age appropriate lessons and activities that engage youth in low-income schools, focusing on the topics of healthy eating and physical activity. In Nebraska, EFNEP is offered in the high need areas of Grand Island, Hastings, Lincoln and Omaha.

2014 NEBRASKA EFNEP NUMBERS

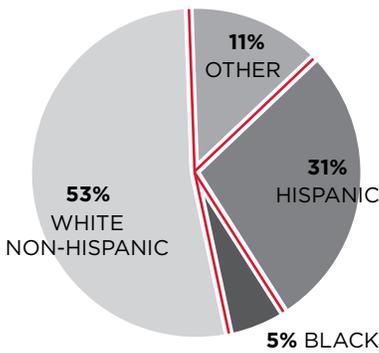
impact

1,938 Participants enrolled in the adult nutrition program

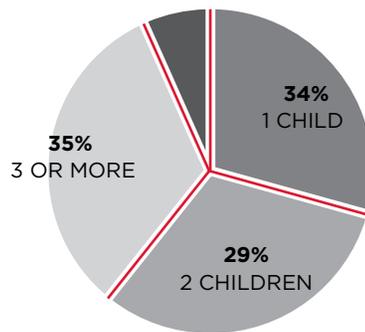
628 Participants that graduated from EFNEP

1,912 Youth were reached through EFNEP

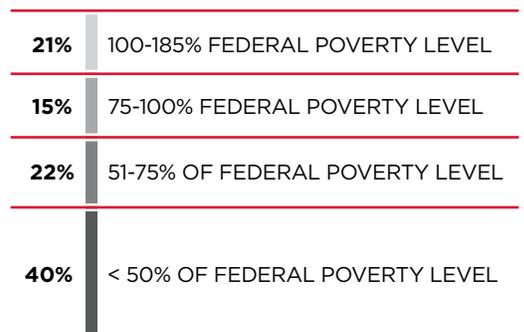
client profile



Race/ethnicity of participants



98% of households had one or more children



EFNEP serves Nebraska's neediest population

adults

After participating in the EFNEP Program, the following percentages of ADULT participants improved in these behaviors:



Nutrition practices



Food resource management skills



Food safety practices

youth

After participating in the EFNEP Program, the following percentages of YOUTH participants improved in these behaviors:



Ability to choose foods according to Dietary Guidelines



Physical activity practices



Safe food handling practices

Nutrition Education Program



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SUCCESS STORIES

A SNAP-Ed participant stated that she is saving money at the grocery store. She said, “Just from the tips you gave me at that class we have cut our monthly grocery bill by \$65.00. It has really helped.” She went on to say that she is encouraging others to do the simple things she is doing to help them save also. She said that they are able to put that money toward paying their other bills and it has made life easier.

—SNAP-Ed Assistant in Cass, Otoe, Johnson, Nemaha, Pawnee, and Richardson Counties

A client has changed her and her family’s eating habits by trying to make healthier meals and incorporate more physical activity with her kids. When the weather was too cold to go outside she moved her coffee table to the center of the living room so she and her kids had a “track” to go around.

—EFNEP Assistant

During a food resource lesson taught by a SNAP-Ed nutrition assistant, one of the moms shared that she only bought national brand food products as the store brand was inferior in taste and quality. The group discussed recipes and situations when store brand products would work well and allow her to save on her food budget. This mom is now beginning to use some store brand foods and likes the idea of saving on her food dollar. The nutrition assistant even heard her sharing with another participant that she bought store brand crackers and saved almost a dollar compared to purchasing the national brand.

—SNAP-Ed Assistant in Lincoln, McPherson and Keith County

This material was funded in part by USDA’s Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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