KANSAS EFNEP 2016 IMPACTS

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

After the EFNEP Series of Lessons:

- **Diet Quality**
  - Adults improve diet, including consuming an extra cup of fruits and vegetables (95%)
  - Youth improve ability to choose healthful foods (69%)

- **Food Savings**
  - Adults improve food resource management practices (86%)

- **Food Safety**
  - Adults improve food safety practices (61%)
  - Youth improve safe food handling practices (43%)

- **Nutrition**
  - Adults improve nutrition practices (90%)
  - Youth improve their physical activity practices or knowledge (46%)

- **Physical Activity**
  - Adults increase physical activity (44%)

KANSAS EFNEP CONTACTS 2016

- 1099 adults
- 904 youth graduates
- 615 adult graduates

DEMONSTRATING RESULTS

Data reported through diet recalls show that Kansas EFNEP graduates change their behavior and eat more closely to MyPlate recommendations.

<table>
<thead>
<tr>
<th>In ounces</th>
<th>In cups</th>
<th>In cups</th>
<th>In cups</th>
<th>In ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.0</td>
<td>6.0</td>
<td>6.0</td>
<td>6.0</td>
<td>5.5</td>
</tr>
<tr>
<td>5.5</td>
<td>5.8</td>
<td>5.5</td>
<td>5.8</td>
<td>5.5</td>
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<tr>
<td>Extra calories from solid fats and added sugars (SoFAS)</td>
<td>358</td>
<td>474</td>
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VOLUNTEERS STRENGTHEN EFNEP

121 adults volunteered their time to Kansas EFNEP in a variety of support roles. Volunteers make a difference in their own communities, and contribute to EFNEP’s ongoing success.

- 3,036 hours
- $15/hour
- $45,540 in-kind contribution
ASSISTING FAMILIES ACROSS KANSAS

SUPPORTING LOW INCOME FAMILIES

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

14% of participants above poverty*

72% of participants at or below poverty*

up to 100% of poverty
$22,050 for a family of 4

up to 75% of poverty
$16,538 for a family of 4

up to 50% of poverty
$11,025 for a family of 4

*14% did not specify

COLLABORATING TO IMPROVE COMMUNITIES

Kansas EFNEP programs partnered with hundreds of organizations, institutions and agencies to improve environmental settings and positively affect sectors of influence. Here are some of the many partners in 2016:

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

REACHING DIVERSE AUDIENCES

At least 21% of Kansas EFNEP adults identify as Hispanic.

Multiple races identified

0% 0% 1%

African-American

0% 1% 3%

Native Hawaiian or other Pacific Islander

0% 0% 0%

White

1% 21% 71%

Race not provided

0% 4% 0%

EFNEP HELPS PARTICIPANTS MAKE LASTING CHANGES

One participant, who was very overweight, took action with steps learned in EFNEP. When the lesson focused on better choices for drinks, and the benefits of simply drinking tap water, the participant stopped drinking almost all soda – and she had been drinking 6-8 regular sodas a day. When the group learned about baking food vs. frying, she stopped eating French fries and started baking her potatoes, and re-thought her potato toppings – opting for yogurt vs. sour cream, or sometimes using salsa. At the end of the 6-week class series, the EFNEP participant had lost almost 15 pounds and was sleeping better at night.

Sedgwick County

An 8-year-old boy asked his mom to take EFNEP classes on an evening when he was out of school and could also attend. He attended all 10 classes with her. He now goes to the store with his mother and reads all the labels to make sure everything she gets is healthy. She says they no longer buy candy, cookies, sugary cereal or cola. (This is a Latino family and sometimes grocery shopping is challenging because of language.)

Shownee County

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