KANSAS EFNEP IMPACTS 2017

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

KANSAS EFNEP CONTACTS 2017

823 youth grads
1029 adults
654 adult graduates

AFTER THE EFNEP SERIES OF LESSONS:

95% adults improve diet, including consuming an extra cup of fruits and vegetables

69% youth improve ability to choose healthful foods

83% adults improve food resource management practices

59% food savings

59% adults improve food safety practices

45% food safety

85% adults improve nutrition practices

37% nutrition

40% adults increase physical activity

37% physical activity

youth improve their physical activity practices or knowledge

DIET QUALITY
FOOD SAVINGS
FOOD SAFETY
NUTRITION
PHYSICAL ACTIVITY

DEMONSTRATING RESULTS

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

In ounces

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<tr>
<td>In ounces before EFNEP</td>
<td>6.2</td>
<td>6.0</td>
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<td>In ounces after EFNEP</td>
<td>6.6</td>
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<td>In cups before EFNEP</td>
<td>1.7</td>
<td>1.9</td>
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<td>In cups after EFNEP</td>
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<td>In cups before EFNEP</td>
<td>2.5</td>
<td>1.9</td>
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<td>In cups after EFNEP</td>
<td>3.0</td>
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<td>In ounces before EFNEP</td>
<td>5.5</td>
<td>380</td>
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<td>In ounces after EFNEP</td>
<td>6.2</td>
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<tr>
<td>Extra calories from solid fats and added sugars (SoFAS) before EFNEP</td>
<td>317</td>
<td></td>
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<tr>
<td>Extra calories from solid fats and added sugars (SoFAS) after EFNEP</td>
<td>5.5</td>
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VOLUNTEERS STRENGTHEN EFNEP

111 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.

1,144 hours at $15/hour = $17,160 in-kind contribution
SUPPORTING LOW INCOME FAMILIES

12% of participants above 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

*12% did not specify

ASSISTING FAMILIES ACROSS KANSAS

EXHIBIT 1: Geographic distribution of EFNEP offices and partners.

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 2017:

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

LONG-TERM SUCCESS STORY

A 2013 EFNEP graduate reported in 2017:

“After participating in EFNEP, I have lost 40 pounds over the last four years simply by eating smart and moving more. My arthritis is no longer a problem and I have not missed a day of work in the last three years.”

Southwest Area EFNEP

EFNEP HELPS PARTICIPANTS MAKE LASTING CHANGES

A 38-year-old pregnant mother told the EFNEP educator she planned all of her meals and snacks for the week. This was the first time she had done that! She reported it saved her lots of time in the evenings, and saved her money at the grocery store because she was using food she already had in her pantry when she planned her meals. The mom said she was also able to thaw meat in the refrigerator the night before since she had a plan, instead of in the sink the day of cooking it.

Montgomery County

FOR ADDITIONAL INFORMATION CONTACT:

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