**KANSAS 2018 IMPACTS**

**EFNEP WORKS**

USDA FUNDED NUTRITION EDUCATION FOR YOUTH AND FAMILIES WITH LIMITED RESOURCES THROUGH K-STATE RESEARCH AND EXTENSION

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**632 ADULTS**

**448 GRADUATES**

**455 YOUTH**

**378 GRADUATES**

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**AFTER THE EFNEP SERIES OF LESSONS**

- **Dietary Quality**
  - 92% adults improved diet quality
  - 78% youth improved their ability to choose healthful foods

- **Food Resource Management**
  - 83% adults improved food resource management practices

- **Food Safety**
  - 81% adults improved food safety practices
  - 42% youth improved food safety practices

- **Physical Activity**
  - 77% adults improved physical activity behaviors
  - 43% youth improved their physical activity practices

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**DEMONSTRATING RESULTS**

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

<table>
<thead>
<tr>
<th></th>
<th>In ounces</th>
<th>In cups</th>
<th>In cups</th>
<th>In cups</th>
<th>In cups</th>
<th>In ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra calories</td>
<td>7.0</td>
<td>6.3</td>
<td>6.0</td>
<td>2.1</td>
<td>2.5</td>
<td>1.6</td>
</tr>
<tr>
<td>Fruits</td>
<td>1.0</td>
<td>1.6</td>
<td>1.9</td>
<td>1.9</td>
<td>3.0</td>
<td>1.9</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3.0</td>
<td>6.2</td>
<td>6.2</td>
<td>5.5</td>
<td>5.5</td>
<td>379</td>
</tr>
<tr>
<td>Grains</td>
<td>2.1</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
</tr>
<tr>
<td>Protein</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
<td>2.5</td>
</tr>
<tr>
<td>Dairy</td>
<td>6.2</td>
<td>6.2</td>
<td>6.2</td>
<td>6.2</td>
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<td>6.2</td>
</tr>
</tbody>
</table>

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**K-STATE**

Research and Extension

**42%** of Kansas EFNEP adults identified as Hispanic

**28%** of EFNEP clients were pregnant
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.