

EFNEP

Expanded Food and Nutrition
Education Program

2017 ANNUAL REPORT



COLORADO STATE UNIVERSITY
EXTENSION

Adults

How Did EFNEP Help Adults?

“Most of my life I never worried about what I ate or bought to eat. This class has taught me and my children to be more conscientious consumers of food.”

– Arapahoe County Participant

“Because of this class, I eat more veggies and drink more water. I also learned to save money on groceries, help my family eat healthy, and be more active. I enjoyed every class.”

– Weld County Participant

“I really enjoyed learning the importance of reading labels and watching my intake of fat, salt and sugar. I enjoyed learning new recipes and the all-around knowledge of eating healthier.”

– Denver County Participant

Adult EFNEP Participants

In 2017, Colorado EFNEP taught 1,301 adults, indirectly reaching 4,667 family members.

Important Changes in EFNEP Adult Participants' Behavior



92%

improved in one or more nutrition practices (planning meals, making healthy food choices, preparing food without salt, reading nutrition labels or feeding children breakfast)



86%

improved in one or more food resource-management practices (planning meals, comparing prices, or using grocery lists)



70%

used the Nutrition Facts on food labels to make food choices

Additional Changes in Adult Behaviors



68%

were more physically active



58%

improved meal planning skills



57%

began thawing and storing foods correctly



49%

made healthier food choices when deciding what to feed their families



47%

were less likely to run out of food at the end of the month

Youth

Third Graders in EFNEP

In 2017, Colorado EFNEP taught 1,566 third graders to:

- understand MyPlate and portions
- taste a variety of healthy foods
- be physically active in creative ways
- make healthy food choices
- plan healthy snacks and meals
- keep food safe to eat

High School Students in EFNEP

In 2017, Colorado EFNEP taught 416 high school students how to:

- make healthier food choices
(eat more fruits and vegetables, drink more milk, eat more low-fat food and whole grains)
- increase their physical activity
- keep foods safe to eat

Changes in Teen Behaviors



75%

were more physically active



75%

practiced safe food handling more often



60%

ate more vegetables



52%

ate more fruit

How Did EFNEP Help Youth?

“Ninety percent of our students live in poverty and don’t really understand the idea of eating healthy. They’re happy to eat at all.”

– Sandra Frasier, Third Grade teacher, Irving Elementary, Pueblo, CO

“I like teaching third grade nutrition and my goal is to see changes in these students, healthy changes that will grow with them as they go into adulthood.”

– CSU Extension EFNEP Educator, Pueblo County, CO

“Instead of eating something not healthy for you at lunch, I always eat an apple or a vegetable.”

– Third Grader, Irving Elementary, Pueblo, CO

“My teenage participants have made really big changes by staying away from fast food and including healthy foods in their diets. Now they exercise and eat healthier. Best of all, they follow MyPlate.”

– CSU Extension Educator, Arapahoe County

In 2016-2017, Colorado State University Extension EFNEP reached:

1,301 adults

1,982 high school and
third grade youth

4,667 family
members

EFNEP nutrition educators in six Colorado counties and the San Luis Valley, partnered with over 130 schools, human service agencies, health clinics, Head Start programs, and non-profits to teach low-income families how to:

- make healthy food choices
- stretch food dollars
- keep foods safe to eat
- prepare healthy meals
- be more physically active

Colorado EFNEP Tools



Eating Smart • Being Active, a healthy eating and active living curriculum developed by CSU, is taught in all adult EFNEP classes in Colorado and used by 40 states and three territories in the U.S.



An *Eating Smart • Being Active* free mobile app is available on iTunes and Google Play. The app includes more than 60 healthy recipes in English and Spanish, video/GIF demonstrations of physical activities, a physical activity tracker and a unit price calculator.



For more information, please visit:

www.efnep.colostate.edu

EFNEP (Expanded Food Nutrition Education Program) is a national nutrition education program Administered by the National Institute of Food and Agriculture (NIFA). In 2016, EFNEP provided nutrition education to 118,976 families, 346,952 adults and 365,369 youth in 50 states, American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands. CSU Extension programs are available to all without discrimination.