The Challenge
In Wyoming, EFNEP is delivered through the University of Wyoming Cent$ible Nutrition Program in Laramie, Natrona, and Niobrara counties. The mission of the program is to provide opportunities for positive change in nutrition and physical activity for the limited resource audience through education with the goal of decreasing chronic disease and obesity in Wyoming.

64% of Wyoming adults are overweight or obese¹

84% of Wyoming adults do not consume adequate amounts of fruits or vegetables¹

26% of Wyoming adults do not participate in any physical activity¹

27% of Wyoming youth ages 10-17 are overweight or obese²

The Results: Direct Education

Youth

722 2nd-4th graders completing 5 lessons

- 34% ate more fruits
- 35% were more physically active
- 38% ate more vegetables
- 40% selected more healthy snacks

Adults

184 adult graduates averaging 6.9 lessons in 6.8 sessions

- 32% drank less soda
- 35% ate more vegetables
- 39% ate more fruits
- 44% were more physically active
- 84% graduates saved an average of $75.80/month on food
- 90% the healthy eating index increased 10.2 points for graduates
- 84% improved in food resource management practices
- improved in nutrition practices

EFNEP is a national program delivered through the land-grant university system. Its primary audience is low-income families with young children and 4-H aged youth.

¹ https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/wyoming-behavior-risk-factor-surveillance-system-2/brfss-data-2/2016-data/ • ² https://stateofobesity.org/states/wy/ • Statistics rounded for clarity. • Images from Vecteezy • This material was funded by USDA’s Expanded Food & Nutrition Education Program. This institution is an equal opportunity provider.

“The best thing I learned in the Cent$ible Nutrition Program (Wyoming EFNEP) is more about budgeting, meal planning, and new ideas for recipes. My favorite part was that I was able to do the class with my 4 year old and it got him excited about cooking and food. I love the program and I would encourage anybody and everybody who can do it to do it.”

-Natrona County