



# OREGON EFNEP IMPACT

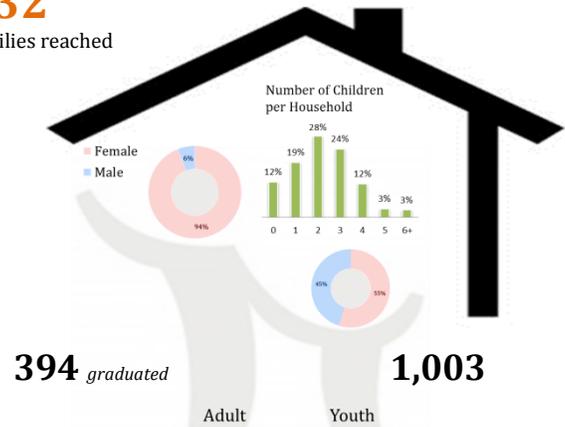
Federal Fiscal Year 2014 (10/1/13 – 9/30/14)

## USDA Flagship Nutrition Program

Since 1969, the Expanded Food and Nutrition Education Program (EFNEP) has been improving the quality of life with limited-resource families and youth through free nutrition education in over 800 counties in all 50 states and six territories in the USA.

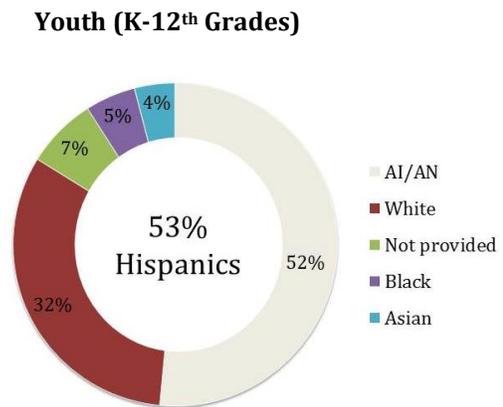
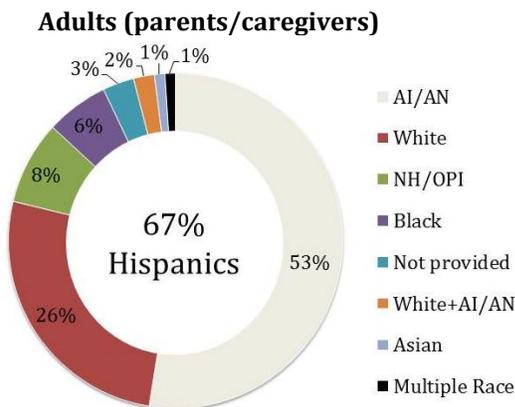
**\$600,465** of federal appropriation received  
**10** counties (1 new county)  
**14** community educators  
**(3,121+343=3,464)** community classes  
**2,049** hours of nutrition education  
**42** partnering agencies at **92** sites

**432**  
families reached



## Oregon EFNEP Reaches Diverse Audiences Living in Poverty

### Household Income (% of poverty level)



### Place of Residence among Adult Participants



**Farm and Towns <10,000 + Rural Non-Farms**  
14%

**Towns & Cities 10K-50K and their Suburbs + Suburbs of Cities >50,000**  
26%

**Central Cities >50,000**  
59%



# Positive Changes Seen in Practices

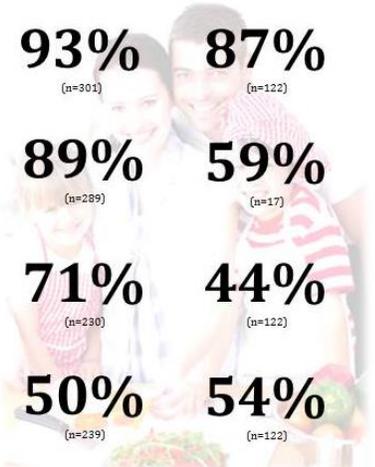
Adults and youth participate in series of hands-on, interactive classes in communities where they live.

Participants learn to:

- Plan nutritious meals and snacks,
- Shop wisely to stretch food dollars,
- Improve food safety practices at home,
- Prepare healthy family meals, *and*
- Increase their physical activity.

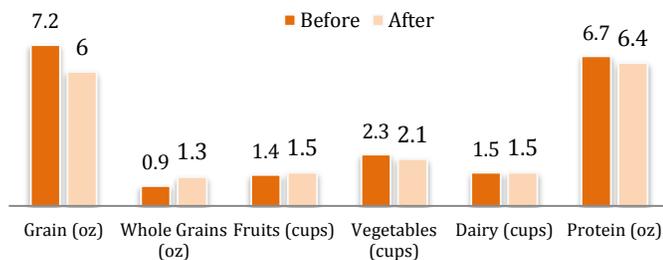
<b>Nutrition Practices</b>	<ul style="list-style-type: none"> <li>• Identify/choose healthy foods</li> <li>• Use "Nutrition Facts" labels</li> <li>• Children eat breakfast more often</li> </ul>
<b>Food Resource Management Skills</b>	<ul style="list-style-type: none"> <li>• Prepare nutritious, affordable food</li> <li>• Plan meals in advance</li> <li>• Food lasts until the end of the month</li> </ul>
<b>Food Safety Behaviors</b>	<ul style="list-style-type: none"> <li>• Wash hands before preparing food</li> <li>• Refrigerate perishable foods within 2 hours</li> <li>• Thaw foods properly</li> </ul>
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• Become more physically active (30 minutes or more for adults; 60 minutes or more for youth) every day</li> </ul>

Adults Youth (Grades 3-8)

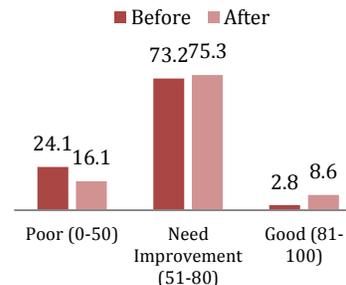


All adults who completed the program had at least one positive change in diet quality:

Food Groups



Healthy Eating Index



The *Healthy Eating Index* is a tool designed to assess the diet quality of Americans, based on recommendations from USDA's *2010 Dietary Guidelines for Americans*. The maximum total HEI score is 100 points.

Key Recommendations in 2010 Dietary Guidelines for Americans: Replace refined grains with whole grains, eat more vegetables and fruits, increase fat-free or low-fat dairy choices, and choose a variety of protein foods.

## EFNEP Makes Significant Differences At Home & In Community

### Wallace Medical Concern Community Clinic nutrition class embraces healthy recipes

EFNEP provides a long series of nutrition classes in collaboration with the Wallace Medical Concern Community Clinic located in NE Portland. Half of the participants in this particular nutrition class had been referred by Wallace's diabetes support group and were struggling with how to control their diabetes. The participants attended a series of 8 nutrition classes and learned how to use MyPlate in choosing a variety of foods from all the food groups. As a result, they and their families are eating more vegetables and less sugar.



### Suarez family is grateful for the Nutrition Course

Maria Suarez (not her real name) opened her home to a community EFNEP nutrition course because her husband has a serious problem with high cholesterol and one of their children has diabetes. The EFNEP educator provided a series of classes over a three month period to the family, neighbors, and two other interested women (total 11 participants). The participants became EFNEP graduates in September 2014.

Ms. Suarez's testimony:

"I had tried to find information on how to help my husband and son with their illnesses, and couldn't find a program to help me until I stumbled upon this nutrition program. In this course, we have really learned to read the nutrition labels and now we know what we are consuming. Now we make better dietary decisions and manage my son's diabetes better. Our son now only has to take a small dose of diabetes medications compared to before when he was on high doses. Now we are more active, and have formed a walking group and walk every morning. We started with just two of us walking and now there are 8 of us who walk on a regular basis. We do not miss even one day of walking, including my children and husband.

My husband no longer misses work due to his illness and in general feels better. He has lost weight, like most of us, and appreciates the encouragement he gets from the whole family. He still needs to get his cholesterol down a bit more, but has been congratulated by his doctor for the getting his cholesterol to an almost normal level. His cholesterol had been at very high and dangerous levels. We also learned how to handle food safely and no longer wash meats and are careful not to contaminate fruits and vegetables with the raw meat juices.

I thank the nutrition program for all your help and for the very patient nutrition teacher. Gracias!"