

### EFNEP Impact Report

The Expanded Food and Nutrition Education Program (EFNEP) influences the nutrition and physical activity behaviors of limited-resource families, particularly those with young children, through community-based, relationship-driven, hands-on education. EFNEP is in seven counties, localized to urban or metro regions of Nebraska.



### Health Status of Nebraskans



1 in 8 people in Nebraska struggle with hunger, including 1 in 6 children



2 in 3 people in Nebraska are overweight or obese



1 in 2 people have a chronic health condition

### Adult Impacts

In 2018, 499 families participated in the EFNEP program, including 1,897 people. Graduates of the EFNEP program engaged in an average of 8 lessons.



90% of participants improved their diet quality



78% of participants increased their physical activity level



73% of participants improved their food security



80% of participants stretched their food dollars to increase their family's food security

### Youth Impacts

In 2018, 3,552 youth participated in the EFNEP program.



85% of youth made healthier food choices

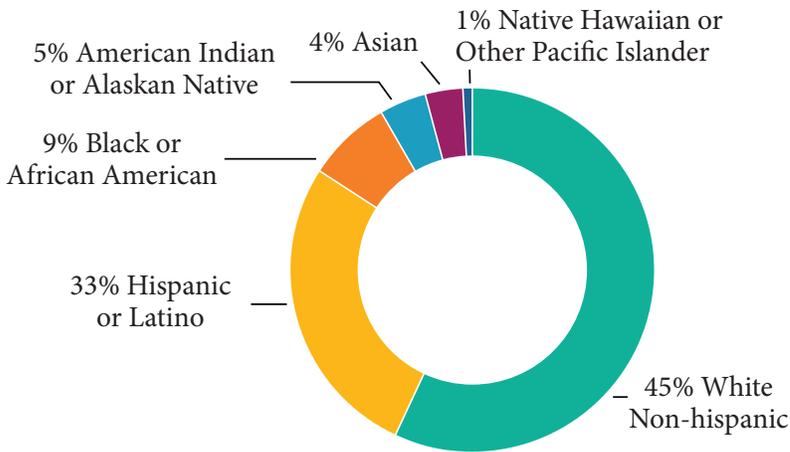


50% of middle and high school youth ate one extra serving of vegetables per day



48% of high school youth increased the number of days they were active for at least 60 minutes, with 54% increasing the intensity of the activity

## Participant Demographics



## Household Incomes & Poverty Levels



77% of EFNEP participants are **below the federal poverty level**. They have less than \$25,100 annually to support a family of four.

## EFNEP Engaging Nebraskans

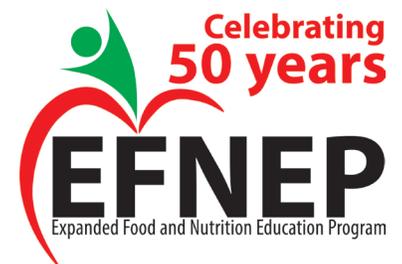
EFNEP classes can involve the whole family where the parents and youth learn healthy cooking together. One EFNEP class in Douglas County led three generations of family members to practice healthier cooking and eating together. Another class in Lancaster County allowed for parents learning English through Lincoln Public Schools to cook healthy, youth-approved food together. In a partnership with Family Consumer Science classes, students who are pregnant or parents in high school receive education from EFNEP about how to feed their infants and toddlers. Teen parents learn to establish healthy habits early in their new families.

*Parents and children cooking together in Lancaster County* ▶



EFNEP concepts are being taught to low-income high school youth in career readiness programs. Through partnerships with Grand Island Public Schools (GIPS) Workforce Prep Academy in Hall County and Avenue Scholars Foundation in Douglas County high school youth are learning the importance of health and how to plan, budget and cook meals on their own. EFNEP is highly valued by the directors of the workforce prep programs as a method of increasing the health and productivity of the future workforce.

◀ *Joanna teaching GIPS Workforce Prep Academy students in Hall County*



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