

Nutrition Education Program (NEP)

2015 Annual Impact Report

THE CHALLENGE

31% of Nebraska children are overweight or obese.



67% of Nebraska adults are overweight or obese.



70% of adults in Nebraska do not eat the recommended daily amount of fruits and vegetables.



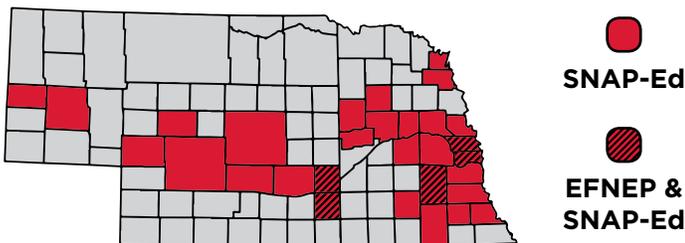
→ THE NEP SOLUTION

- Teach youth the importance of nutrition and physical activity.
- Teach low-income families how to plan meals and prepare healthy foods.
- Teach low-income families to stretch tight budgets and buy healthy foods.
- Facilitate positive health behavior change through policy, system and environmental approaches.

28,054 Total number of adults and youth directly impacted by the Nutrition Education Program in 2015

NEP Counties

SNAP-Ed reaches individuals and communities in 32 counties across Nebraska. EFNEP also reaches individuals in 5 of those counties.



Nebraska Extension's Nutrition Education Program (NEP) is funded by the Supplemental Nutrition Assistance Program - Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). Our efforts are focused on improving the health of Nebraskan's by improving the nutrition and physical activity practices of youth and adults. NEP is the largest nutrition education program in Nebraska. Using an evidence based curriculum, SNAP-Ed and EFNEP teaches participants how to use their SNAP benefits so that they do not run out of money for food prior to the end of the month.

Participants learn about:

1. Meal Planning
2. Grocery Shopping
3. Reading Food Label
4. MyPlate
5. Physical Activity
6. Portion Sizes
7. Feeding Children, Food Safety, Food Preparation, and/or Food Storage

SNAP-Ed

The Supplemental Nutrition Assistance Program - Education (SNAP-Ed) provides educational programs that help participants make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans. This project is administered jointly by the Nebraska Department of Health and Human Services and Nebraska Extension.

SNAP-Ed reaches adults and youth and offers lessons in the areas of diet quality and food resource management for a culturally diverse, limited-resource audience either individually or in small groups. SNAP-Ed also works to improve health at the environmental level by training child care providers about nutrition and physical activity, by working with schools to implement school wellness policies, by increasing food access through forming food policy councils in rural Nebraska communities, by forming community and school gardens and by training healthy retail sites.

2015 NEBRASKA SNAP-ED

reach

21,700
YOUTH participated
in SNAP-Ed



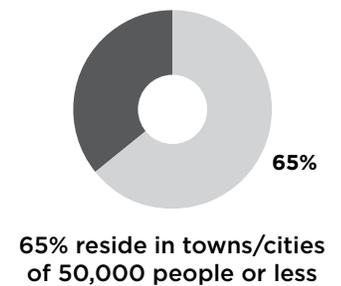
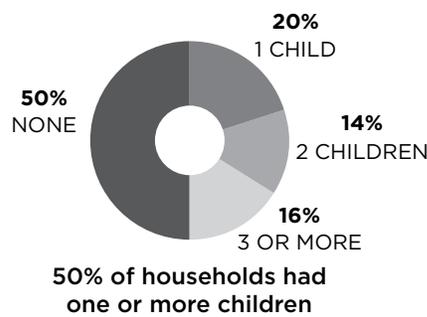
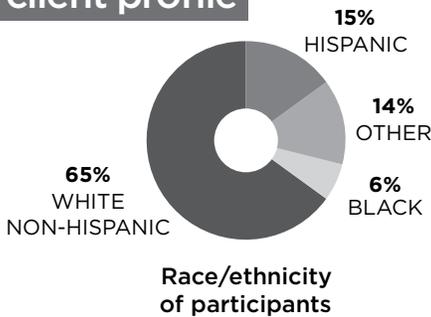
178,803
Contacts with YOUTH
SNAP-Ed participants

2,361
ADULTS participated
in SNAP-Ed



1,109
ADULT participants
graduated from SNAP-Ed

client profile



youth impact

After participating in a SNAP-Ed youth program, YOUTH agree or strongly agree that . . .



adult impact

After participating in the SNAP-Ed Program, ADULT participants improved in these behaviors:



child care providers

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program is a practice-based intervention to enhance policies, best practices, and environments in child care. In 2015, NAP SACC worked with 37 childcare centers and homes and trained 142 providers, which indirectly impacted 2,388 children.

EFNEP

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition outreach program funded through the US Department of Agriculture (USDA) - National Institute of Food and Agriculture (NIFA). EFNEP improves the health of limited resource youth and adults with young children through lessons on:

- Basic nutrition and healthy lifestyles
- Food safety
- Food resource management
- Physical activity

The EFNEP youth program offers age appropriate lessons and activities that engage youth in low-income schools, focusing on the topics of healthy eating and physical activity. In Nebraska, EFNEP is offered in the high need areas of Grand Island, Hastings, Lincoln and Omaha.

2015 NEBRASKA EFNEP

reach

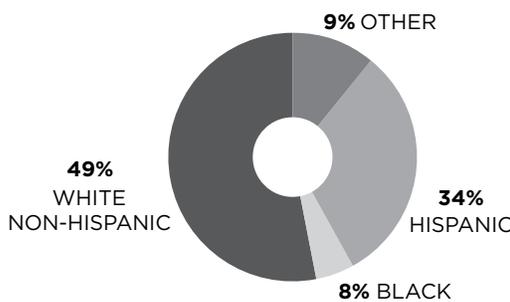
1,811 Adults participated in EFNEP



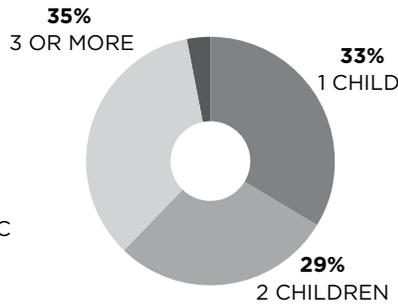
621 Adult participants graduated from EFNEP

2,182 Youth participated in EFNEP

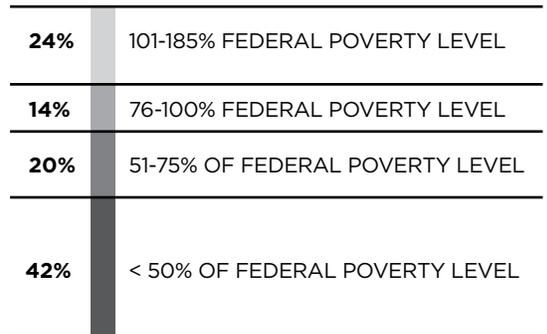
client profile



Race/ethnicity of participants



97% of households had one or more children



EFNEP serves Nebraska's most vulnerable population

youth impact

After participating in the EFNEP Program, YOUTH participants improved in these behaviors:



Ability to choose foods according to Dietary Guidelines



Physical activity practices



Safe food handling practices

adult impact

After participating in the EFNEP Program, ADULT participants improved in these behaviors:



Nutrition practices



Food resource management practices



Food safety practices

Nutrition Education Program

SUCCESS STORIES

EFNEP staff provides education to WIC parents at clinic throughout the Omaha Metro. A client at one of the clinics was signing in and the WIC staff asked her how she was doing. She responded, "Great and I am glad to be here." A short time back she had been told she had diabetes and wasn't aware how important her diet was. Through EFNEP she was given recipes for vegetables so she could make the most of the vegetables from the farmers' market she began shopping at. She also said she used the recipes on the back of the handouts from each of the lessons and the NEP cookbook that she received. An EFNEP client at one of the clinics was excited to share that she had lost weight as a result of participating in the EFNEP program. She reported losing 50 pounds and continuing to eat healthy.

EFNEP, Douglas County, June 2015

A 6th grade student participating in the KidQuest FitnessGram testing at a middle school came up to me and said that she is reading labels now and she has stopped drinking soda now that she is aware of how much sugar is in regular pop. She has shared the information with her parents as well, and they are not purchasing pop as a staple in their household. Working with this tween age group with this information is having an impact on their home environments and the choices they are making in their beverages at home.

**—Kathy Kneifl, SNAP-Ed
Dodge/Saunders/Washington/Butler, February 2015**

I was teaching a Food Resource Management lesson to one of my clients. She told me that she was spending a lot of money paying bills and that she is working hard with long hours at her job. The client said she doesn't

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have much time to figure out how to save money. I started to teach the lesson. We made a list of all her bills and how much she was spending on groceries. We worked hard and she understood the lessons. I saw this client again as I shared more lessons; after one year she told me that the Food Resource Management lesson helped her a lot and she was very happy. She said she made many changes in how she spends her money and now saves much more money. She was very excited and told me that she wants to learn even more from this program.

EFNEP, Hall County, March–July 2015

One of the kids participating in the ConAgra 4-H Food Smart Families Program told us how picky of an eater she was. On Tuesday, we made salsa salad that had tomatoes, black beans, corn, and avocado. She said she had never tried an avocado so we encouraged her to at least take one bite of it. She did and she loved it! She then came back the next day and told us that she and her mom went grocery shopping the night before, and she asked her mom to buy an avocado for her to eat with her dinner.

**—Michelle Kroupa, SNAP-Ed
Madison County, June 2015**

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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