

# Expanded Food and Nutrition Education Program (EFNEP)

# HIGHLIGHTING SUCCESS IN OREGON

PROGRAM IMPACTS // FY2015 // 10.1.14-9.30.15

## USDA FLAGSHIP NUTRITION PROGRAM

Since 1969, EFNEP has reached more than 32 million low-income families with young children and youth audiences, improving their diets, food-related behaviors, physical activity, and quality of life. EFNEP federal funds, along with state and local resources, supports quality nutrition education for participants in more than 800 counties in all 50 states, six U.S. territories, and the District of Columbia.

-  **\$600,465 federal appropriation received**
-  **9 counties served**  
*Benton, Clackamas, Josephine, Lane, Linn, Marion, Multnomah, Washington, Yamhill*
-  **12 community educators**
-  **664 adult participants reached, impacting 3,416 family members**  
*417 adult participants (63%) completed the program after participating in a series of 6 or more classes. All adult participants are parents or caregivers of children.*
-  **EFNEP educators collaborated with 74 partnering agencies, delivering classes at 85 sites**
-  **1,346 youth participated in nutrition classes in school classrooms, after-school, and/or summer programs**  
*1,065 youth participants (79%) completed the program after a series of 6 or more classes.*

ADULTS	EFNEP HELPS FAMILIES MAKE POSITIVE BEHAVIOR CHANGES	YOUTH
improved nutrition practices.....	<b>89%</b>	increased knowledge/ability to choose healthy food..... <b>85%</b>
better food resource management skills.....	<b>86%</b>	increased knowledge/ability to prepare low-cost, nutritious foods..... <b>41%</b>
improved food safety practices.....	<b>64%</b>	improved food safety knowledge/practices..... <b>50%</b>
increased levels of physical activity.....	<b>52%</b>	improved physical activity knowledge/practices..... <b>53%</b>

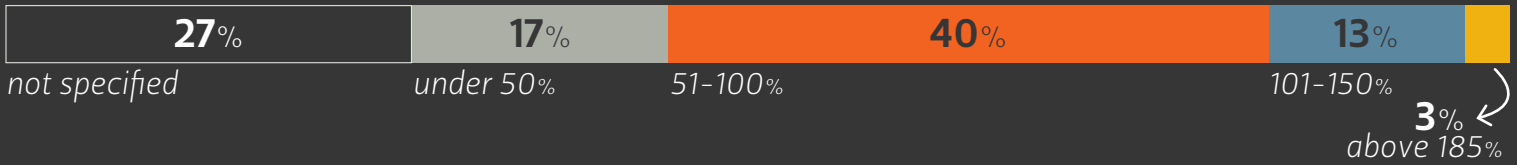


## CHANGING FAMILY BEHAVIORS

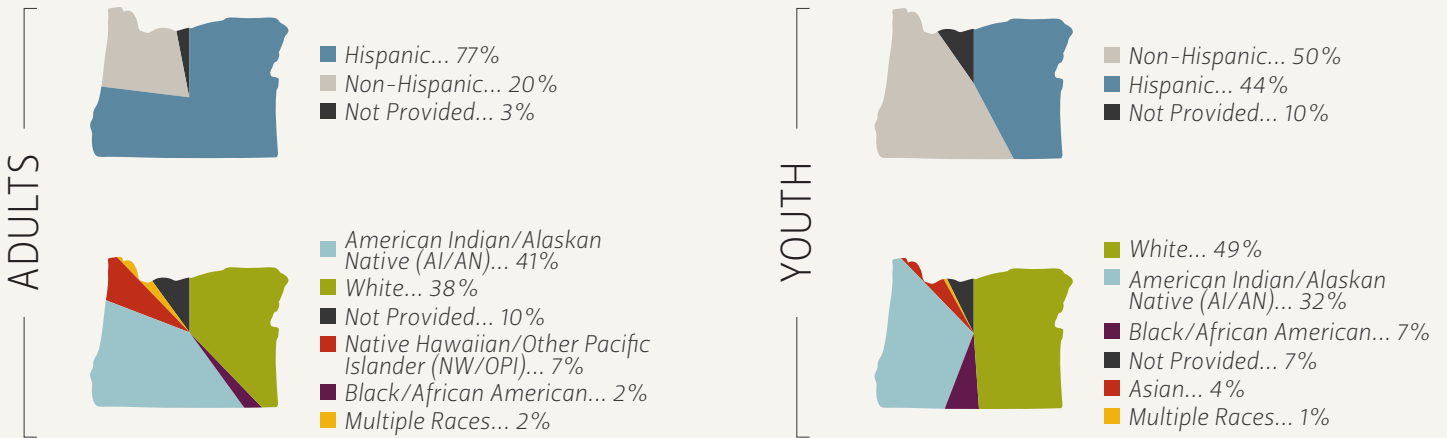
After completing a series of EFNEP evening classes at a school location, one adult participant told the school coordinator about the changes she had made. She learned how to use more fruits and vegetables in family meals. She put into practice in her house what she heard in class each week. Mom lost 12 pounds, even though she was having a medical issue then, and her daughter lost 30 pounds. The family ate more vegetables and drank more water, cooked with less oil, and walked one hour daily. After starting the classes, the family modified their food habits including consuming less bread made with refined flour, stopping soda and sugary drinks, and eating less street food, junk food, and fast food.

# OREGON EFNEP REACHES LOW-INCOME FAMILIES WHO ARE **LIVING AT OR BELOW THE POVERTY LEVEL**

household income [% poverty level]



## OREGON EFNEP REACHES DIVERSE AUDIENCES



## EFNEP HELPS FAMILIES **CHOOSE HEALTHIER FOODS**

95.4% of adults who completed the program had at least one positive change in diet quality (intake was closer to MyPlate recommendations for grains, vegetables, fruits, and protein foods).

Parents reported these positive changes in their children's diets:

	BEFORE EFNEP CLASSES	AFTER EFNEP CLASSES
MY CHILD DRINKS SODA 2+ TIMES A DAY	17%	3%
MY CHILD DRINKS SPORTS OR SUGARED DRINKS 2+ TIMES A DAY	25%	9%
MY CHILD EATS FAST FOOD 2+ TIMES A WEEK	15%	2%

## EFNEP HELPS FAMILIES **CHOOSE MORE ACTIVE LIFESTYLES**

Parents reported these positive changes:

	BEFORE EFNEP CLASSES	AFTER EFNEP CLASSES
MY CHILD WATCHES TV 2+ HOURS A DAY	63%	39%
MY CHILD PLAYS VIDEO OR COMPUTER GAMES 2+ HOURS A DAY	29%	14%

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