Wyoming EFNEP is implemented through the University of Wyoming Cent$ible Nutrition Program. Since 1969, Wyoming EFNEP has served families with limited resources, particularly those with young children, through community-based partnerships and hands-on direct education. Wyoming EFNEP has influenced nutrition and physical activity behaviors that impact obesity and food insecurity. Currently, Wyoming EFNEP serves Laramie, Natrona, and Niobrara counties.

64% of Wyoming adults are overweight or obese¹

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

28% of Wyoming youth ages 10-17 are overweight or obese²

Our Solution

**Adult Lesson Series**
- 188 graduates • 1,316 total lessons • 1,260 total teaching sessions

- 61% increase in fruits
- 44% increase in vegetables
- 82% improvement in one or more food safety practices
- 56% decrease in sedentary behavior
- 51% increase in regular physical activity
- 52% increase in planning meals
- 39% increase in cooking at home
- $899 annual savings on groceries per participant**

**3-5 Grade Youth Lesson Series**
- 494 graduates • 2,470 total lessons

- 33% increase in vegetables
- 34% increase in fruits
- 26% increase in washing hands before touching food
- 31% increase in being active

² http://www.childhealthdata.org/browse/survey/results?q=5281&r=52
** Statistics rounded for clarity.
* Images from Vecteezy
* Behavior change data for adults based on the Food & Physical Activity Questionnaire pre and post survey. Behavior change data for youth based on the Youth Assessment 3-5 grade Pre-Post Survey. ** Data from adult participants’ 24-Hour Diet Recall

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