

WYOMING EFNEP

Expanded Food and Nutrition Education Program

IMPACTS 2018

The Challenge

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

¹ <https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/wyoming-behavior-risk-factor-surveillance-system-2/brfss-data-2/20012-2017/>

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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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



Cent\$ible Nutrition Program



College of Agriculture
and Natural Resources
Extension

