

KANSAS EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

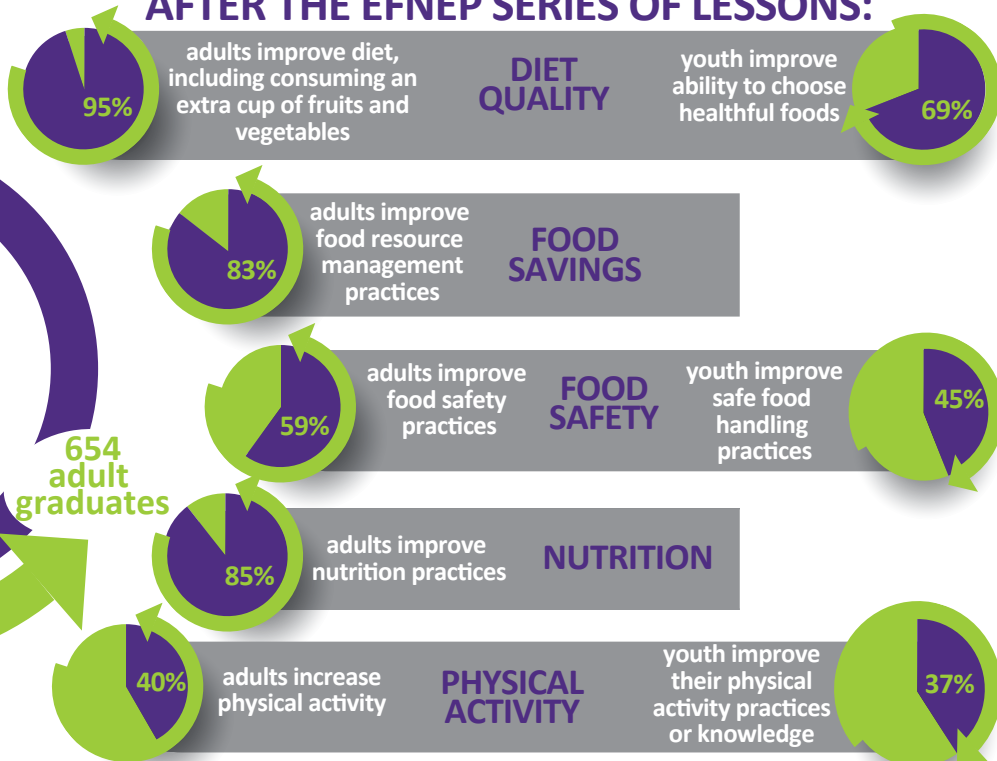
2017 IMPACTS

PROVIDING NUTRITION EDUCATION FOR YOUTH AND FAMILIES WITH LIMITED RESOURCES THROUGH K-STATE RESEARCH AND EXTENSION, WITH FUNDING FROM USDA

KANSAS EFNEP CONTACTS 2017

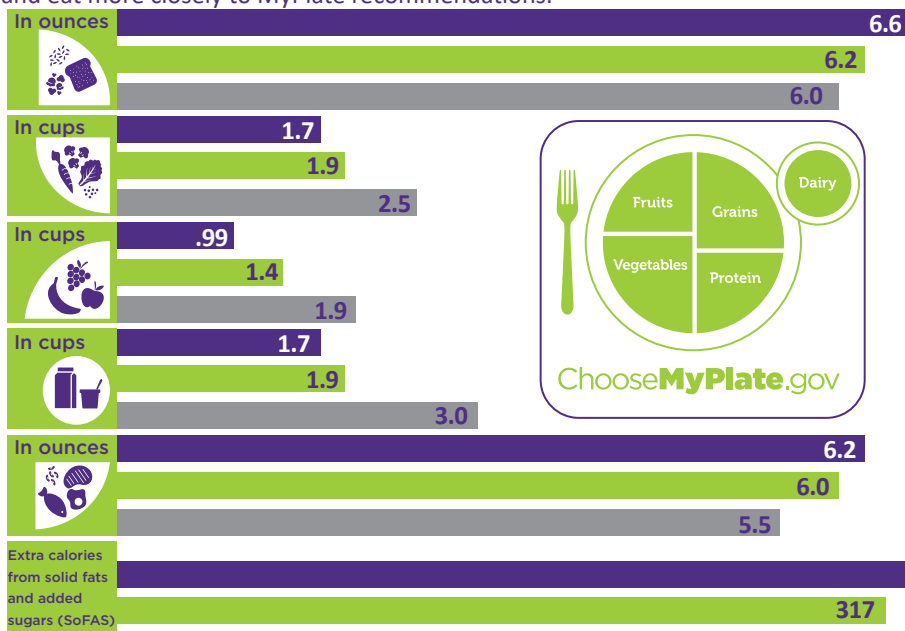


AFTER THE EFNEP SERIES OF LESSONS:



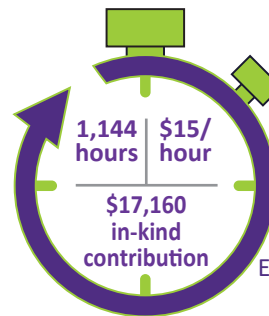
DEMONSTRATING RESULTS

Data reported through diet recalls show that Kansas EFNEP graduates change their behavior and eat more closely to MyPlate recommendations.



■ amount consumed before EFNEP ■ amount consumed after participation in EFNEP ■ amount needed to meet MyPlate recommendations

VOLUNTEERS STRENGTHEN EFNEP



111 adults volunteered their time to Kansas EFNEP in a variety of support roles. Volunteers make a difference in their own communities, and contribute to EFNEP's ongoing success.

REACHING DIVERSE AUDIENCES

At least **21%** of Kansas EFNEP adults identify as Hispanic.

Multiple races identified	0%	0%	3%
African-American	0%	1%	14%
Native Hawaiian or other Pacific Islander	0%	0%	0%
White	1%	32%	74%
Race not provided	1%	2%	0%

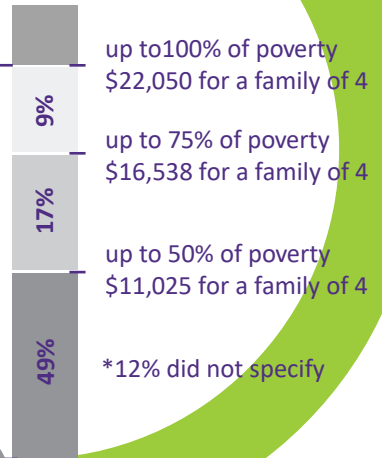
21% of EFNEP clients were pregnant

Ethnicity not provided
 Hispanic or Latino
 Not Hispanic or Latino

SUPPORTING LOW INCOME FAMILIES

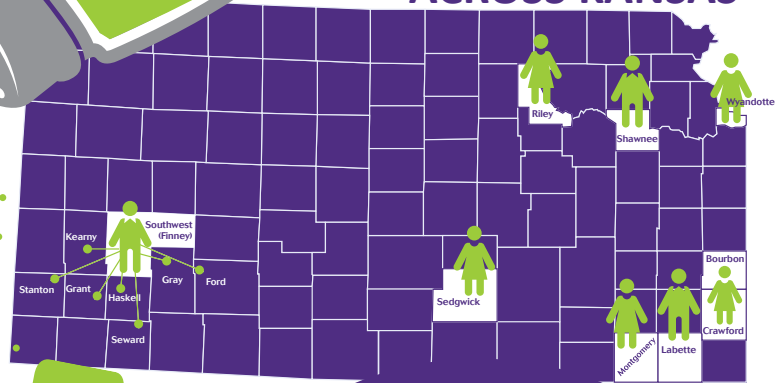
12% of participants above poverty*

75% of participants at or below poverty*



53% of EFNEP graduates said they more often bought foods low in salt after participating in EFNEP classes.

ASSISTING FAMILIES ACROSS KANSAS



COLLABORATING TO IMPROVE COMMUNITIES

Kansas EFNEP programs partnered with hundreds of organizations, institutions and agencies to improve environmental settings and positively affect sectors of influence. Here are some of the many partners in 2017:

- Schools • Churches • Worksites • Health care sites
- Community centers • Adult rehabilitation centers
- Emergency food assistance sites
- Adult education and training sites

LONG-TERM SUCCESS STORY

A 2013 EFNEP graduate reported in 2017:

"After participating in EFNEP, I have lost 40 pounds over the last four years simply by eating smart and moving more. My arthritis is no longer a problem and I have not missed a day of work in the last three years."

Southwest Area EFNEP

EFNEP CHANGES BEHAVIOR

In Kansas:

BEFORE:
27% drank regular soda most days

AFTER:
only 17% drank regular soda most days

EFNEP HELPS PARTICIPANTS MAKE LASTING CHANGES

A 38-year-old pregnant mother told the EFNEP educator she planned all of her meals and snacks for the week. This was the first time she had done that! She reported it saved her lots of time in the evenings, and saved her money at the grocery store because she was using food she already had in her pantry when she planned her meals. The mom said she was also able to thaw meat in the refrigerator the night before since she had a plan, instead of in the sink the day of cooking it.

Montgomery County

FOR ADDITIONAL INFORMATION CONTACT:
Sandy Procter, Ph.D., RD, LD, Kansas Coordinator,
Expanded Food and Nutrition Education Program, procter@ksu.edu

"This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture."



United States
Department of
Agriculture

National Institute
of Food and
Agriculture