



KANSAS 2018 IMPACTS

EFNEP WORKS

USDA FUNDED NUTRITION EDUCATION FOR YOUTH AND FAMILIES WITH LIMITED RESOURCES THROUGH K-STATE RESEARCH AND EXTENSION

632
ADULTS



448
GRADUATES

455
YOUTH



378
GRADUATES



42%
of Kansas EFNEP
adults identified as
Hispanic



28%
of EFNEP
clients were
pregnant

AFTER THE EFNEP SERIES OF LESSONS

Dietary Quality

92%

adults improved
diet quality



78%

youth improved their
ability to choose
healthful foods

Food Resource Management

83%

adults improved food
resource management
practices



Food Safety

81%

adults improved food
safety practices



42%

youth improved food
safety practices

Physical Activity

77%

adults improved
physical activity
behaviors

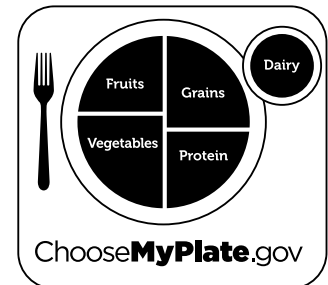
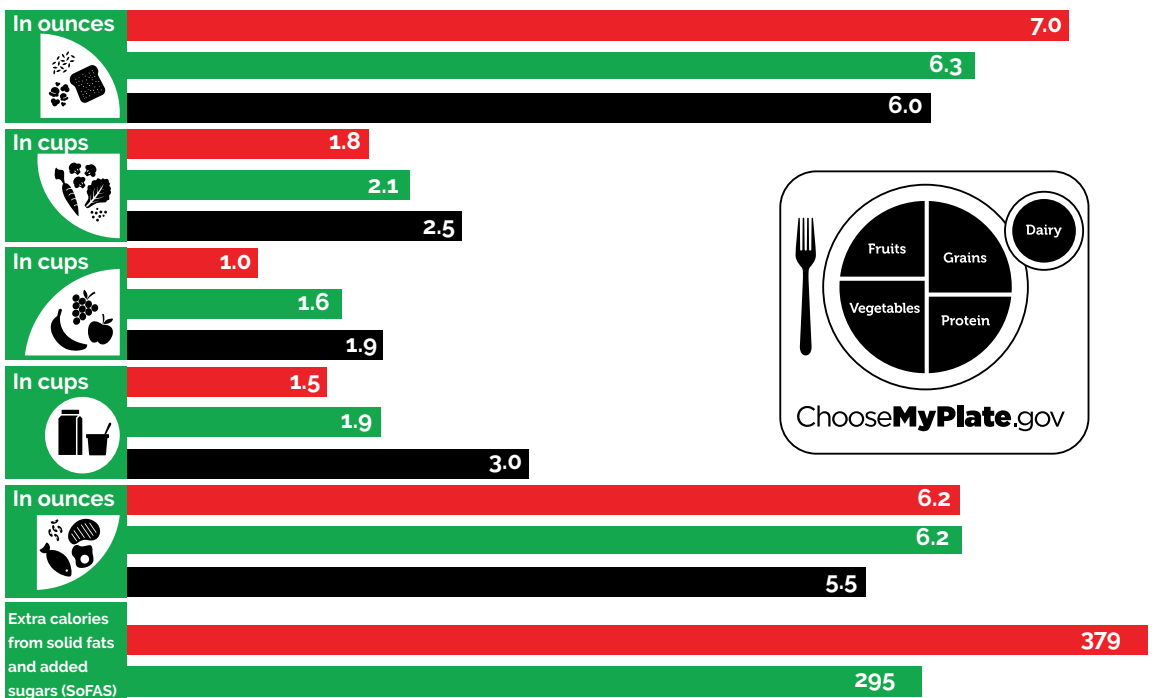


43%

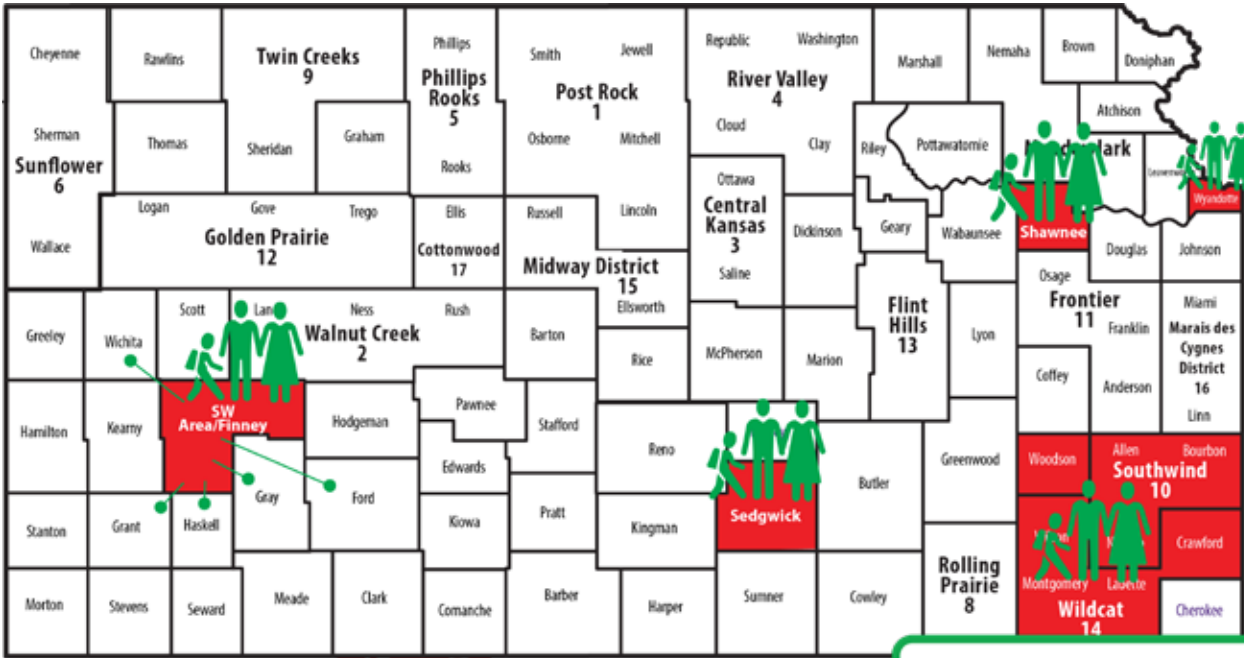
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DEMONSTRATING RESULTS

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



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. Some of the many partners in 2018 included:

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

SERIES OF LESSONS VERY HELPFUL

Before taking the EFNEP series and learning about reading the Nutrition Facts label and the difference between natural and added sugar I used to drink two 12 ounce cans of soda daily. After taking the classes, I cut down to one 7.5 ounce can a day. The classes also helped me choose healthier beverages for my children; and I look at the Nutrition Facts label and check that juices are 100% juice before purchasing.

Sedgwick County Participant

DIET AND EXERCISE

A former client enrolled in a work program reported that he continues to work on improving his diet and getting more exercise by walking his dogs. He has stopped using methamphetamine, finished his studies at Washburn Tech and has a job so he can support himself and pay off his debts.

Shawnee County

CONTACT INFORMATION

Lisa Ross, RD, LD, CBE
Kansas EFNEP Coordinator, lkross@ksu.edu

Paula Peters PhD
Kansas EFNEP Director, ppeters@ksu.edu



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