

EFNEP SUCCESS STORIES



Recovery center residents learn kitchen skills

In Pike County, many residents of a local recovery center have not had access to information about good nutritional practices. The NEP assistant partnered with the center to teach nutrition lessons that are designed to help residents better manage their resources and learn basic kitchen skills. Using the Healthy Choices curriculum, residents became proficient in measuring, mixing ingredients, cutting foods and learning what foods will help them maintain correct calorie and vitamin levels. Forty-four residents entered the program with a 100% graduation rate.

- **93%** showed improvement in food resource management practices.
- **98%** showed improvement in nutrition practices.
- **82%** showed improvement in food safety practices.

“I have learned a lot about budgeting, portion sizes, recipes and proper intake of carbs and proteins. I learned how bad sugar is and what it does to the body, making me tired and very sluggish. I have upped my water intake and cut way down on sugar.”

RECOVERY CENTER RESIDENT

Cooking and eating together as a family

In a seven-week program, limited resource families learned how to prepare healthy meals together at home. The NEP assistant, partnering with the local elementary school in Meade County, offered an afterschool program for students and their parents. During the classes, students learned about nutrition, basic kitchen skills and got the opportunity to prepare healthy recipes to share with their parents. The parents in the class learned about meal planning, food safety and stretching their food dollars. One parent shared, “we, as a family really

started thinking more about our food choices and cooking at home. As a working mom, it is a challenge to get real food on the table and I struggle with meal planning. It was nice to get some simple tools that helped me to think more about what I was eating and how we were eating as a family.”

By the end of the program:

- **86%** of participants showed improvement in two or more food resource management practices.
- **100%** of participants showed improvement in two or more nutrition practices.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

EFNEP

(Expanded Food and Nutrition Education Program)

2017 Annual Report



SOURCES:

1. Childhealthdata.org, accessed October 2017
2. Stateofobesity.org, accessed October 2017
3. CDC, State Indicator Report on Fruits and Vegetables, 2013
4. Feedingamerica.org, accessed October 2017
5. Kentucky Department for Public Health, Cabinet for Health and Family Services, Statewide Summary, December 2015

University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

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OUR FOCUS



The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited-resource audiences in learning and developing the skills to make healthy behavior changes that will lead to improved diet and nutritional well-being. Through the EFNEP program's hands-on educational approach, participants learn to make behavior changes and improve the nutritional quality of the meals served to their families.

OUR CHALLENGE



AT LEAST 1 OUT OF 3

Kentucky children **(37.1%)**¹ are overweight or obese, while **34.2%**² of Kentucky adults are obese.



NEARLY 1 OUT OF 2

Kentucky children **(49.7%)**³ and adults **(45.9%)**³ consume fruits less than once daily.



ABOUT 1 OUT OF 5

Kentucky children **(21.9%)**⁴ and all Kentuckians **(16.8%)**⁴ experience food insecurity.



OVER 38%

of Kentuckians² have hypertension.



1 OUT OF 3

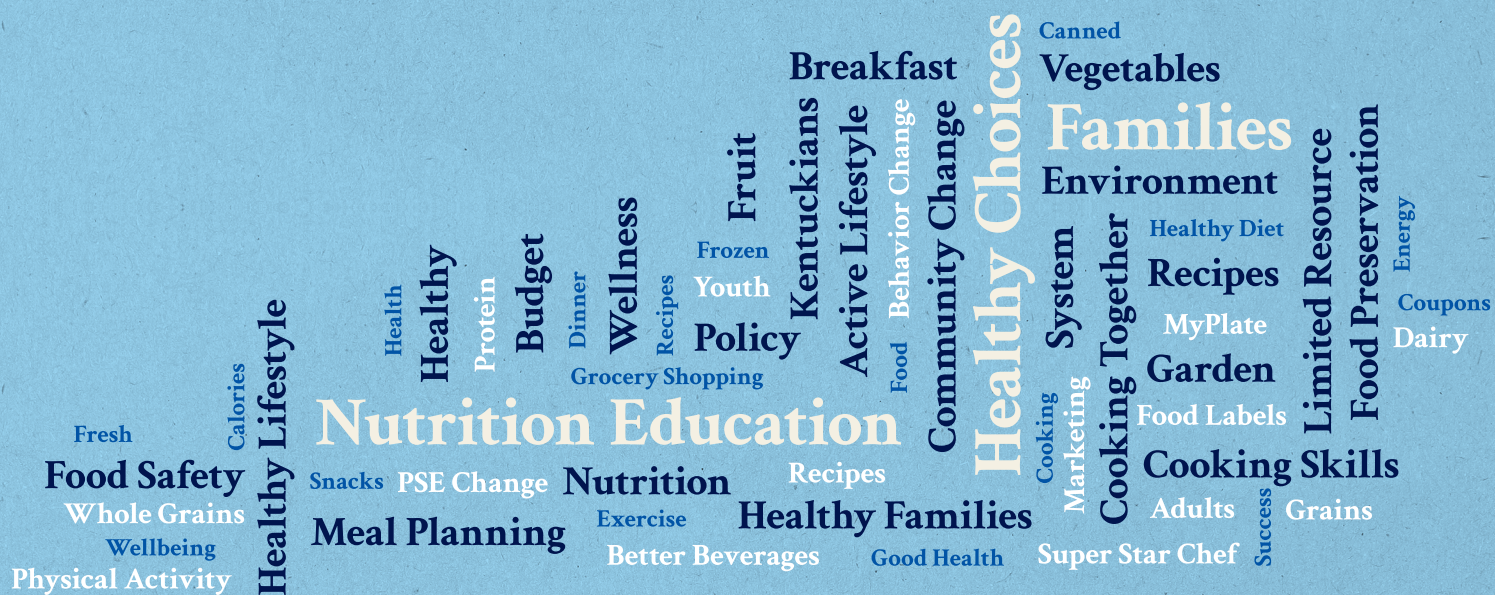
Kentuckians **(29.8%)**² are physically inactive.



1 OUT OF 5

Kentuckians **(19%)**⁵ are living below poverty.

OUR SOLUTION



OUR RESULTS

EFNEP WORKS FOR KENTUCKIANS



97% of adult participants showed improvement in one or more nutrition practices (i.e. makes healthy food choices, prepares food without salt, reads nutrition labels).



81% of adult participants increased usage of the "Nutrition Facts" on food labels to make food choices.



96% of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food).



85% of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly).

IMPACT

2,532 families enrolled in nutrition education series

9,951 youth enrolled in nutrition education series

10,073 total family participants

EFNEP SUCCESS STORIES

Students learn about healthy eating through their windowsill garden

Now in its second year, the Crittenden County EFNEP assistant and 4-H agent, in cooperation with their local elementary school, worked with 100 second-grade students to teach the importance of good nutrition and how vegetables are grown by helping the students put together windowsill containers in their classrooms. The students cared for the plants daily while learning about the food groups, food safety and healthy nutrition through MyPlate and Professor Popcorn curriculums. At the end of the year, the 4-H agent and EFNEP assistant showed the students how to wash the lettuce they had grown and each student was able to taste their classroom-grown produce. Other vegetable selections were provided so students could make their own salads.

Survey results showed that:

- **98%** of the students loved the salad and would eat salad again.
- **100%** indicated they would like to grow their own vegetables.
- **95%** said they had tried a vegetable they had never eaten before and would eat it again.



Hand washing and healthy habits

In a collaboration between the Wayne County Extension Office, the Wayne County EFNEP assistant and the Wayne County School's Mobile Summer Feeding Program, 49 children learned about the importance of hand washing and healthy habits. The Mobile Summer Feeding Program serves children meals at the local park and subdivisions. Many children exhibit unwashed, dirty hands. A portable hand washing station was used in conjunction with the Literacy, Eating and Activity for Primary (LEAP) books that focused on healthy habits. Over 12 different books were read and discussed with the children by the EFNEP assistant. The program will be expanding to additional sites next year.

- **88%** of the children showed improvement in their knowledge of when hands should be washed.