



UNIVERSITY OF KENTUCKY
Nutrition Education Programs
Family & Consumer Sciences Extension

EFNEP KENTUCKY

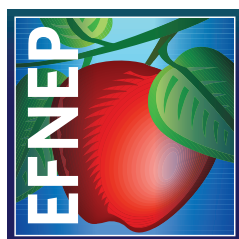
2013 Annual Report



OUR FOCUS

EFNEP: STRENGTHENING FAMILIES

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited-resource audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and the improvement of the total family diet



and nutritional well-being. Through the EFNEP program, participants learn how to make food choices that can improve the nutritional quality of the meals they serve their families.

The hands-on, learn-by-doing approach allows participants to gain the practical skills necessary to make positive behavior changes. The experience allows for increased self-worth, recognizing that they have something to offer their families and society.

EFNEP FAMILIES AND PROGRAMS

In Kentucky in 2013 there were:⁴

4,183

families enrolled in EFNEP programs

15,380

adults benefiting from EFNEP programs

18,351

children benefiting from EFNEP programs

NUTRITION AND FAMILIES

In Kentucky:

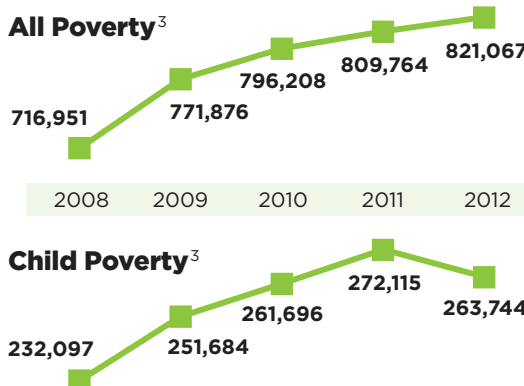
878,344

people received SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) benefits in 2013¹

395,486

school children were eligible for free-or-reduced priced meals in 2011²

POVERTY IN KENTUCKY



23,324

lessons taught

50

EFNEP assistants working in 46 counties

1,989

volunteers

Following a lesson called *Think Your Drink*, one student reported,

“I had been drinking four or five Mt. Dew drinks every day, but now I substitute water and juice. My blood pressure has returned to normal and my blood sugar has returned to normal too.”

EFNEP CHANGES KENTUCKIANS

The number of participants who most of the time or almost always...⁴

... participate in at least 30 minutes of moderate physical activity each day increased from **57.0% to 78.0%**

... drink 6 cups of water each day increased from **31.0% to 57.0%**

... consume caffeinated foods decreased from **70.0% to 54.0%**



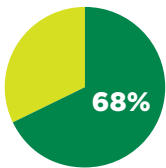
FEATURED PROGRAM

LEAP FOR HEALTH

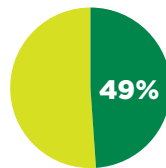
The LEAP for Health curriculum is a series of 22 lessons using storybooks to teach children about eating more fruits and vegetables, low-fat dairy products, whole grains, being physically active, and staying healthy. The curriculum targets children ages pre-school through third grade, and their families. Each lesson includes reading a story, tasting new foods, activities, and a family newsletter with additional information, a recipe and suggested activities to reinforce the lesson.

RESOURCE MANAGEMENT

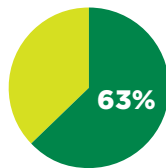
After participating in EFNEP...⁴



Planned meals in advance



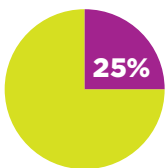
Ran out of food by the end of the month less often



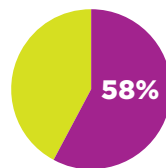
Used a list for grocery shopping

EFNEP YOUTH

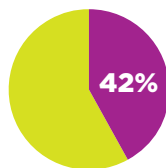
Youth participating in EFNEP...⁴



Improved their physical activity



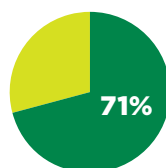
Improved their ability to choose healthier foods



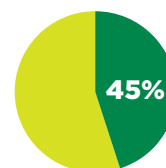
Practiced one or more food safety behaviors

EFNEP SUCCESS

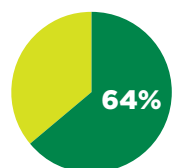
After participating in EFNEP...⁴



More often used the "Nutrition Facts" labels to make food choices



Reported their children ate breakfast more often



More often followed the recommended practices of not thawing foods at room temperature

SOURCES:

1. Kentucky Cabinet for Health and Family Services. Data Book, June 2013.
2. Kids Count Data Center, KY Youth Advocates.
3. U.S. Census Bureau, Small Area Income and Poverty Estimates.
4. Nutrition Education Evaluation Reporting System, 2013.