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.

In Kentucky:

878,344 people received SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) benefits in 2013

395,486 school children were eligible for free-or-reduced priced meals in 2011

Our Focus

EFNEP Families and Programs

In Kentucky in 2013 there were:

4,183 families enrolled in EFNEP programs

15,380 adults benefiting from EFNEP programs

18,351 children benefiting from EFNEP programs

23,324 lessons taught

50 EFNEP assistants working in 46 counties

1,989 volunteers

Nutrition and Families

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Poverty in Kentucky

All Poverty

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
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<tbody>
<tr>
<td>2008</td>
<td>716,951</td>
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<tr>
<td>2009</td>
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<td>2010</td>
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<tr>
<td>2011</td>
<td>821,067</td>
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Child Poverty

<table>
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<tbody>
<tr>
<td>2008</td>
<td>232,097</td>
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<tr>
<td>2009</td>
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<td>2010</td>
<td>261,696</td>
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<td>2011</td>
<td>272,115</td>
</tr>
<tr>
<td>2012</td>
<td>263,744</td>
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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.”

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**EFNEP CHANGES KENTUCKIANS**

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

- ...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%

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**RESOURCES MANAGEMENT**

After participating in EFNEP...

- Planned meals in advance: 68%
- Ran out of food by the end of the month less often: 49%
- Used a list for grocery shopping: 63%

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**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.

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**EFNEP YOUTH**

Youth participating in EFNEP...

- Improved their physical activity: 25%
- Improved their ability to choose healthier foods: 58%
- Practiced one or more food safety behaviors: 42%

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**EFNEP SUCCESS**

After participating in EFNEP...

- More often used the “Nutrition Facts” labels to make food choices: 71%
- Reported their children ate breakfast more often: 45%
- More often followed the recommended practices of not thawing foods at room temperature: 64%

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**SOURCES:**
2. Kids Count Data Center, KY Youth Advocates.

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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin.