THE RESULTS

EFNEP WORKS FOR KENTUCKIANS:

94% of adult participants had a positive change in food group choices

91% showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food)

93% showed improvement in one or more nutrition practices (i.e. makes healthy food choices, prepares food without salt, reads nutrition labels)

77% showed improvement in one or more food safety practices (i.e. thawing and storing food correctly)

Children gain health knowledge by leaps and bounds

Thanks to a program that focuses on reading, healthy eating and physical activity, children in Lawrence County are learning how to live a healthy lifestyle. Elementary students participating in Literacy, Eating and Activity for Preschoolers (LEAP) are introduced to healthy habits through storybook readings, activities and healthy snack tastings. Assessment results for 184 kindergarten and first-grade students who recently completed LEAP show improvements in nutrition and physical activity.

68% improved ability to identify grains

65% improved ability to identify proteins

62% improved ability to recognize kids being active

SOURCES:

1. Kids Count Data Center, KY Youth Advocates
4. Feeding America, Map the Meal Gap, 2012
6. CDC State Indicator Report on Physical Activity, 2014
To improve their ability to prepare healthy meals that are also inexpensive, Floyd County participants learn healthy cooking techniques, the importance of eating fruits and vegetables, tips for making half of their grains whole grains and how to budget their food dollars. During these nutrition lessons, they also participate in cooking demonstrations, food tastings and hands-on activities. Many families have reported healthy behavior changes as a result of this program.

“The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited-resource audiences in acquiring knowledge and skills to make healthy behavior changes, resulting in improved diet and nutritional well-being. Through the EFNEP program’s hands-on educational approach, participants are equipped to make behavior changes and improve the nutritional quality of the meals served to their families.”

Cooking demonstrations help families vary their veggies

“I never knew fruits and vegetables could taste so good. Now we buy different fruits and vegetables at the grocery store, and we try new recipes. The classes have helped my son want to cook more with me at home and try new foods that are good for him.”

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Diet quality improves for nearly all program participants

Families in Shelby County are attending nutrition education lessons, where they learn how to serve more nutritious meals and use local resources to eat healthy on a budget. They also learn the importance of food safety and how to apply safe food practices in their homes. Fifty-six families have completed the program in 2014 and the majority experienced positive nutrition changes.

96% made an improvement in the nutritional quality of their diet
89% consumed a higher-quality diet by planning meals and reading food labels

THE SOLUTION

Provided hands-on, nutrition education to limited resource audiences, focusing on:
• Buying and preparing healthy foods
• Developing new skills
• Adopting new behaviors
• Managing financial resources
• Living an active lifestyle

IMPACT:
4,241 families enrolled in nutrition education series
13,135 youth enrolled in nutrition education series
15,550 total family participants

THE CHALLENGE

1 OUT OF 3
or more Kentucky children (36.0%) and adults (33.2%) are obese

NEARLY 1 OUT OF 2
Kentucky children (49.7%) and adults (45.9%) consume fruits less than once daily

OVER 1 OUT OF 5
Kentucky children (21.6%) face hunger/food insecurity

OVER 1 OUT OF 5
Kentuckians (21.9%) face food insecurity

4 OUT OF 5
Kentuckians (82.7%) do not meet aerobic and muscle-strengthening physical activity guidelines

6 OUT OF 5
Kentuckians (60.0%) are living below poverty

Program equips participants to prepare healthy meals on a budget

To improve their ability to prepare healthy meals that are also inexpensive, Floyd County participants learn healthy cooking techniques, the importance of eating fruits and vegetables, tips for making half of their grains whole grains and how to budget their food dollars. During these nutrition lessons, they also participate in cooking demonstrations, food tastings and hands-on activities. Many families have reported healthy behavior changes as a result of this program.

64% cook healthy meals for their families and use budget tracking