

COOPERATIVE EXTENSION

STRATEGIC OPPORTUNITIES AND MEASURING EXCELLENCE

Institution

**K-State Research and
Extension**

State

Kansas

Region

North Central

Kansans Report Improved Nutrition, Health as a Result of EFNEP

Obesity, poor nutrition, and limited physical activity are significant health concerns in Kansas and the United States. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

Nutrition assistants in the Kansas Expanded Food and Nutrition Education Program (EFNEP) are providing nutrition education in homes, schools, assisted living sites, clinics and libraries. In 2012, 4,291 youth and 522 pregnant women participated in K-State Research and Extension's EFNEP program. Also, 57% of participants were at or below 100% of the federal poverty level, 26% were non-white, and 23% of adult participants were Hispanic/Latino.

EFNEP participants completing the multi-lesson series reported that they had improved their nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 60% of the participants thaw foods safely more often;
- 71% of the participants used food labels more often to make food choices;
- 88% of the participants showed improvement in one or more food resource management area (such as planning meals, comparing prices, using a grocery list);
- 91% of the participants showed improvement in one or more nutrition practices (such as making healthy food choices, preparing foods without adding salt, reading nutrition labels or children eating breakfast);
- 50% of the participants increased their physical activity;
- 44% of program families increased the number of family meals eaten together.

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Primary Strategic Priority:

Help families, youth and individuals be physically, mentally and emotionally healthy

Tags:

Strategies to Combat Obesity (Physical Activities), Healthier Eating, Aging Well, Family Financial Management

Year: 2013

Primary Source of Funding:
Competitive Funds

Resource Link:
<http://www.ksre.ksu.edu/humannutrition/p>

Synopsis:

Participants in the Kansas Expanded Food and Nutrition Education Program (EFNEP) reported improved nutrition, food behavior and food safety practices after completing the multi-lesson series.