

## 2010-11 PFT Success Report

**Title: Kansas Family Nutrition Program (FNP) & the Expanded Food and Nutrition Education Program (EFNEP)**

**PFT: Nutrition, Food Safety and Health**



### The Situation

Rates of household food insecurity in Kansas have been rising since 1999, and have remained consistently higher than national levels. Between 2007 and 2009, 14.2 percent of Kansas households experienced food Insecurity, and 4.8 percent experienced very low food security. No Kansan should go hungry. Nutrition education is key in helping Kansans connect with the food and services they need to keep themselves and their families healthy.

### What We Did

In FNP, nearly **60,000** low income Kansas children, youth and adults received direct nutrition education lessons in FY2011. Through EFNEP, **7,686** adult and youth participants (72% of whom were at or below 100% of the federal poverty level) averaged nearly 14 lessons each during 9 visits.

### Outcomes

After completing the lesson series, Kansas EFNEP adult participants averaged an **increase of 9 points** on the Healthy Eating Index (USDA's single summary measure of dietary quality), compared to their score before EFNEP. Additionally, 85% of adult Kansas EFNEP participants improved in at least one indicator of ability to manage their food resources after completing the series of lesson.

### Success Story

- One student pointed out that when his family eats out now, they choose a small portion of fast food and a water instead of a large portion and a soda, because they learned (through the youth's FNP lesson at school) what is the right size for them.
- An adult FNP participant stated that in the past, she got sick a couple of times as a result of eating foods that sat out on the counter too long. After FNP, she is now more careful to get foods refrigerated.
- One adult FNP participant reported that she applied for a Vision Card because of information she got in the FNP class and is now getting benefits.
- "EFNEP has helped my family and me in many ways. Through this program I learned to manage our time and budget better. I do not waste that much food anymore since I measure my portion sizes. I also make sure what I have in my pantry before I go grocery shopping. I have learned how much time and money shopping with a grocery list saves me."

### Contact

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