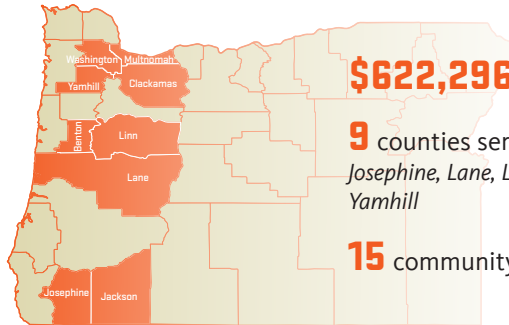


# Highlighting Success in Oregon

PROGRAM IMPACTS • FY2022 • 10.1.21-9.30.22



**\$622,296** federal appropriation received

**9** counties served—*Benton, Clackamas, Jackson, Josephine, Lane, Linn, Multnomah, Washington, Yamhill*

**15** community educators—(4 FTE)

**582** youth participants—512 (88% completed the program after a series of 6 or more classes in school classrooms or after-school programs)

**157** adult participants—142 (91% completed the program after participating in a series of 6 or more classes. All adult participants are parents or caregivers of children)

## EFNEP Helps Families Make Positive Behavior Changes

### Adults

#### Diet Quality

Eat fruit more often each day

**63%**

Eat vegetables more often each day

**58%**

Drink regular soda less often

**33%**

#### Physical Activity

Exercise for at least 30 minutes more days a week

**62%**

Strengthen muscles more days a week

**56%**

Make small changes to be more active

**62%**

#### Food Security

Didn't run out of food

**95%**

Don't have to cut size of their meals or skip meals

**97%**

### Youth

Increased knowledge/ability to choose healthy foods

**94%**

Increased knowledge/ability to prepare low-cost, nutritious foods

**52%**

#### Food Safety

Wash their hands more often before preparing food

**22%**

Clean items/surfaces more often after contact with raw meat or seafood

**18%**

Thaw frozen food at room temperature less often

**69%**

Use a meat thermometer more often

**53%**

#### Food Resource Management

Cook dinner at home more times a week

**35%**

Compare food prices more often

**56%**

Plan meals before shopping more often

**54%**

Make a list before shopping more often

**55%**

Improved food safety knowledge/practices

**66%**

Improved physical activity knowledge/practices

**76%**



# Oregon EFNEP Reaches Diverse Audiences

## Sex and Race/Ethnic Characteristics of Adult Participants

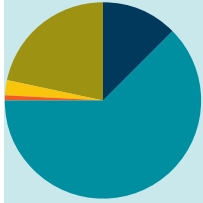
Female/Male/Not specified

93% 4% 3%

Hispanic/Non-Hispanic

55% 41% 4%

\*1% not provided



- American Indian/Alaskan Native .....70%
- White .....17%
- Black/African American..... 1%
- Multiple Races..... 1%
- Not Provided .....11%

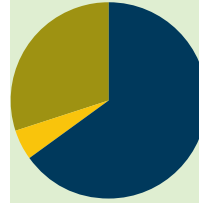
## Sex and Race/Ethnic Characteristics of Youth Participants

Female/Male/Not specified

49% 44% 7%

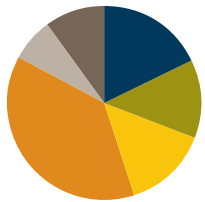
Hispanic/Non-Hispanic/Not-provided

16% 54% 30%



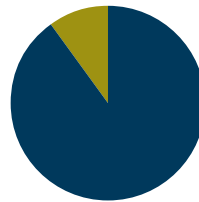
- White .....65%
- Multiple Races..... 5%
- Not Provided .....30%

# Oregon EFNEP Reaches Low-Income Families Who are Living At or Below the Poverty Level



### Income Relative to Poverty Level

- 50% and below .....18%
- 51-75% .....13%
- 76-100%.....14%
- 101-185%.....38%
- 186% and above..... 7%
- Unspecified.....10%



### Percentage of Public Assistance (SNAP, WIC, TANF, etc.)

- Entry.....90%
- Not provided .....10%

## EFNEP Participants Improve Their Healthy Eating Index Score (HEI)

HEI Change: +6 (Entry=53.4; Exit=59.4)

The Healthy Eating Index (HEI) is a measure of diet quality used to assess how well a set of foods aligns with key recommendations of the Dietary Guidelines for Americans. The scores range from 0 to 100.

## EFNEP Helps Families Choose Healthier Foods

95% of adults who completed the program had at least one positive change in diet quality (intake was closer to MyPlate recommendations for grains, vegetables, fruits, and protein foods).

# Success Stories from the Field

"After learning on the EFNEP classes how to use the grocery store flyer, I use a shopping list to only buy what I need, not what I am tempted to purchase. Now, I am comparing prices and use the unit price to see what is less expensive. I have been saving at least \$40.00 per shopping trip and I am now trying to learn how to use the computer for more savings. I have a lot to learn, but it's a good start. Thanks for teaching us about nutrition and how to eat healthy. It has really changed my mind of how to eat. It has been lovely to have our EFNEP educator teach us about all different types of food. She has been an inspiration and help for me and my family trying out new foods and now I eat everything on my plate. Thank you!"

**Yamhill County**

The EFNEP educators in Jackson and Josephine Counties partnered to pilot-test a hybrid format for nutrition education classes, as a means to bridge the recruitment gap of adult participants from geographically distant, underserved areas in these communities. To support the learning and engagement at home, participants received printed lesson materials, recipes, and activity sheets for kids as educational reinforcements. In Jackson County, the food bank provided non-perishable food ingredients to support participants cooking at home, and a local healthcare organization secured a contribution of athletic shoes to support their physical activity goals. Reaching community members where they are at, through this flexible remote approach, proved to be a highly successful formula for EFNEP classes, that nearly tripled the number of adult participants in these counties, compared to the previous year.

**Jackson & Josephine Counties**



Since 1969, EFNEP has reached more than 32 million low-income families with young children and youth audiences, improving their diets, food-related behaviors, physical activity, and quality of life. EFNEP federal funds, along with state and local resources, supports quality nutrition education for participants in more than 800 counties in all 50 states, six U.S. territories, and the District of Columbia.