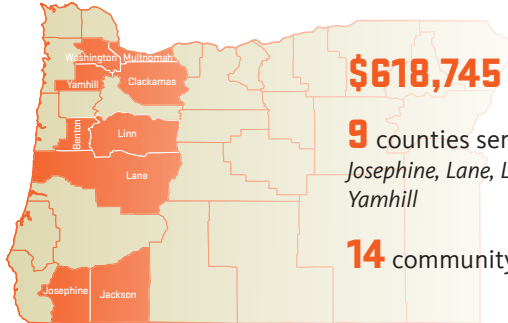


# Highlighting Success in Oregon

PROGRAM IMPACTS • FY2023 • 10.1.22-9.30.23



**\$618,745** federal appropriation received

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

**14** community educators—(6.5 FTE)

**983** youth participants—512 (89% completed the program after a series of 6 or more classes in school classrooms or after-school programs)

**112** adult participants—71 (63% 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

**64%**

Eat vegetables more often each day

**58%**

Drink regular soda less often

**40%**

#### Physical Activity

Exercise for at least 30 minutes more days a week

**62%**

Strengthen muscles more days a week

**35%**

Make small changes to be more active

**73%**

#### Food Security

Didn't run out of food

**64%**

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

**67%**

### Youth

Increased knowledge/ability to choose healthy foods

**95%**

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

**46%**

### Food Safety

Wash their hands more often before preparing food

**41%**

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

**40%**

Thaw frozen food at room temperature less often

**72%**

Use a meat thermometer more often

**62%**

### Food Resource Management

Cook dinner at home more times a week

**47%**

Compare food prices more often

**63%**

Plan meals before shopping more often

**74%**

Make a list before shopping more often

**62%**



# Oregon EFNEP Reaches Diverse Audiences

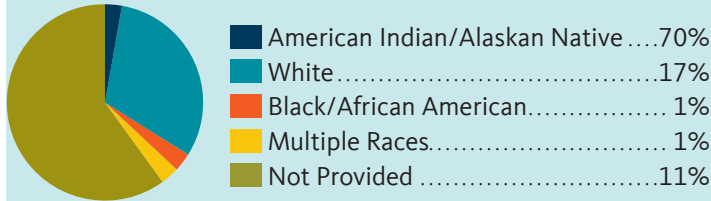
## Sex and Race/Ethnic Characteristics of Adult Participants

Female/Male/Not specified

92% 6% 2%

Hispanic/Non-Hispanic

97% 3%



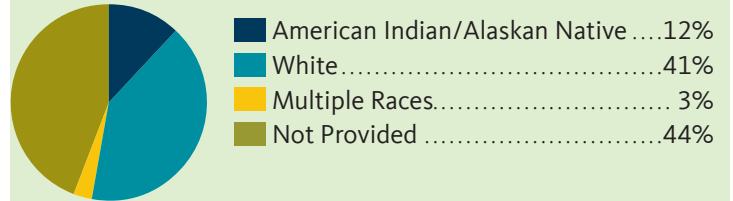
## Sex and Race/Ethnic Characteristics of Youth Participants

Female/Male/Not specified

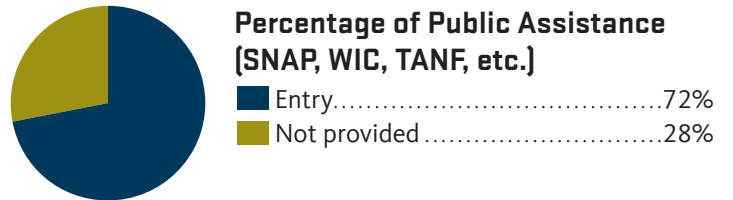
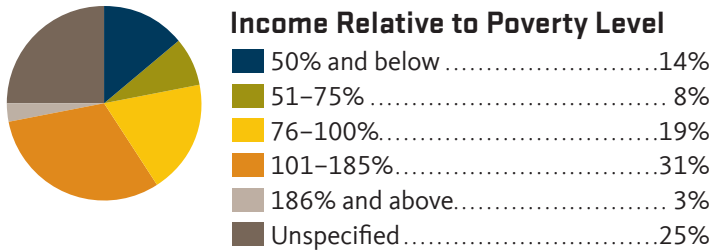
47% 51% 2%

Hispanic/Non-Hispanic/Not-provided

9% 35% 40%



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



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

HEI Change: +3.6 (Entry=55.4; Exit=59.1)

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

*Before taking the EFNEP series, I did not know how to determine whether a loaf of bread was actually made with whole grains or not. The grain class taught me how to do that and now I read the list of ingredients to check whether the bread I'm choosing is in fact whole grain before purchasing.*

**Benton County**

*The EFNEP nutrition & cooking class helped me use the things I had at home, creating a variety of healthy meals by adding fruits and vegetables to our diet in portions according to our age. Now I'm trying a variety of recipes and have become aware of the importance of daily exercise.*

**Washington County**



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.