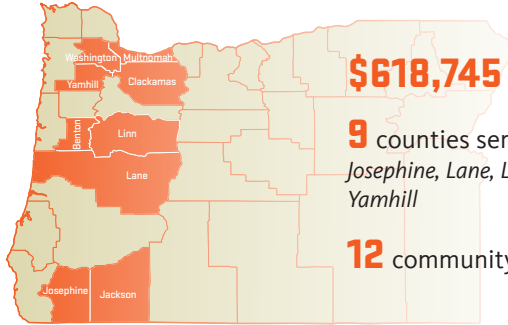


Highlighting Success in Oregon

PROGRAM IMPACTS • FY2024 • 10.1.23-9.30.24



\$618,745 federal appropriation received

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

12 community educators—(6.5 FTE)

746 youth participants—678 (91% completed the program after a series of 6 or more classes in school classrooms or after-school programs)

169 adult participants— 150 (89% 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

58%

Eat vegetables more often each day

62%

Drink regular soda less often

41%

Physical Activity

Exercise for at least 30 minutes more days a week

59%

Strengthen muscles more days a week

58%

Make small changes to be more active

73%

Food Security

Didn't run out of food

62%

Can afford balanced meals

68%

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

70%

Youth

Increased knowledge/ability to choose healthy foods

93%

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

46%

Food Safety

Wash their hands more often before preparing food

31%

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

32%

Thaw frozen food at room temperature less often

70%

Use a meat thermometer more often

67%

Food Resource Management

Cook dinner at home more times a week

48%

Compare food prices more often

53%

Plan meals before shopping more often

61%

Make a list before shopping more often

68%

Improved food safety knowledge/practices

65%

Improved physical activity knowledge/practices

68%

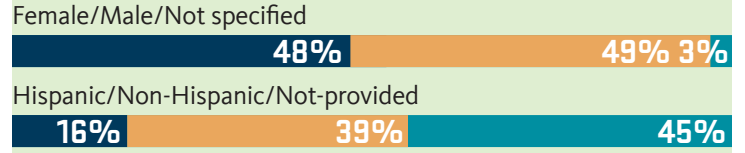


Oregon EFNEP Reaches Diverse Audiences

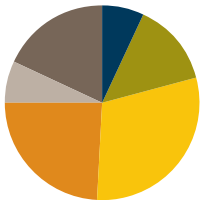
Sex and Race/Ethnic Characteristics of Adult Participants



Sex and Race/Ethnic Characteristics of Youth Participants



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



Income Relative to Poverty Level

50% and below	7%
51-75%	4%
76-100%	30%
101-185%	24%
186% and above	7%
Unspecified	18%

EFNEP Participants Improve Their Healthy Eating Index Score (HEI)

HEI Change: +5.5 (Entry=53.8; Exit=59.3)
 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

97% 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

"With these EFNEP classes, not only did I learn to eat healthy, but also that we need to maintain healthy habits so we can have a better quality of life. Plus, I learned how to make better decisions when buying products and save money."

Multnomah County

"Thanks to the EFNEP program we are exercising with our two children and enjoy walking together in the park for over an hour every day. My kids used to spend a lot of time on video games or cell phones, but now they're enjoying simple family activities together."

Yamhill 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.