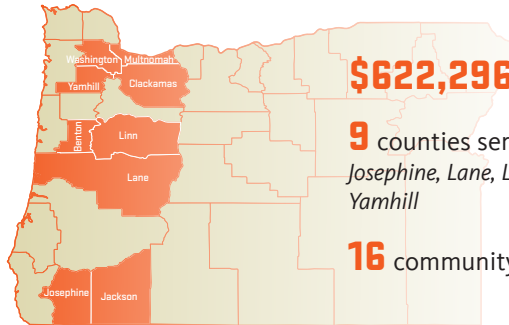


Highlighting Success in Oregon

PROGRAM IMPACTS • FY2020 • 10.1.19-9.30.20



\$622,296 federal appropriation received

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

16 community educators—(5.1 FTE)

673 youth participants - 600 (89% completed the program after a series of 6 or more classes in school classrooms or after-school programs)

262 adult participants— 179 (68% 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

55%

Eat vegetables more often each day

60%

Drink regular soda less often

32%

Physical Activity

Exercise for at least 30 minutes more days a week

60%

Strengthen muscles more days a week

56%

Make small changes to be more active

57%

Food Security

Eat less than wanted less often

31%

Have enough money for food

33%

Youth

Increased knowledge/ability to choose healthy foods

84%

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

37%

Food Safety

Wash their hands more often before preparing food

24%

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

19%

Thaw frozen food at room temperature less often

62%

Use a meat thermometer more often

49%

Food Resource Management

Cook dinner at home more times a week

33%

Compare food prices more often

48%

Plan meals before shopping more often

59%

Make a list before shopping more often

52%

Improved food safety knowledge/practices

56%

Improved physical activity knowledge/practices

62%



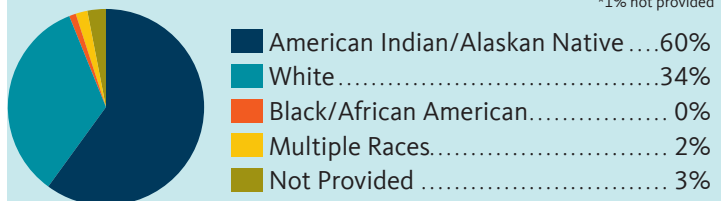
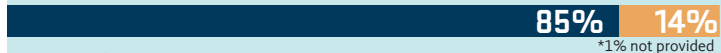
Oregon EFNEP Reaches Diverse Audiences

Sex and Race/Ethnic Characteristics of Adult Participants

Female/Male



Hispanic/Non-Hispanic*

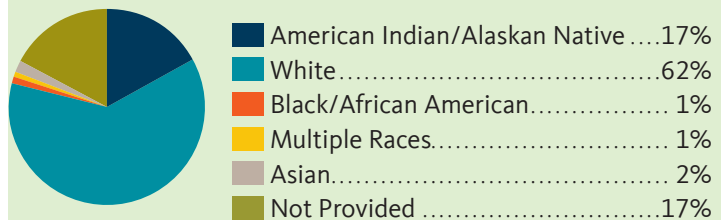


Sex and Race/Ethnic Characteristics of Youth Participants

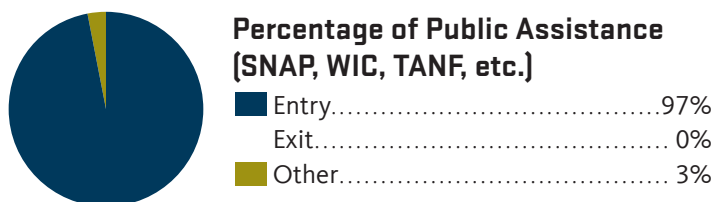
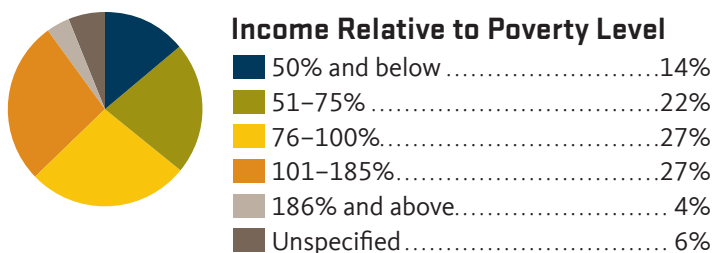
Female/Male



Hispanic/Non-Hispanic/Not Provided



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: +4.7 (Entry=50.2; Exit=54.9)

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

93% 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).

Program Highlight: Remote Education in Spanish During COVID

- In March, when COVID-19 hit, EFNEP staff had to cancel all in-person programming. Through remote delivery, our Latinx educators were able to reach 77 families, representing a total of 342 Oregonians.
- After the remote nutrition education series, 94% of these families improved one or more food resource management practices (i.e., cook dinner at home, compare food prices, plan meals before shopping or make a list before shopping).
- The resilience and outstanding efforts conducted by our educators allowed EFNEP to continue to reach and support Latinx communities, providing them with quality nutrition education, even during a global pandemic.



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.