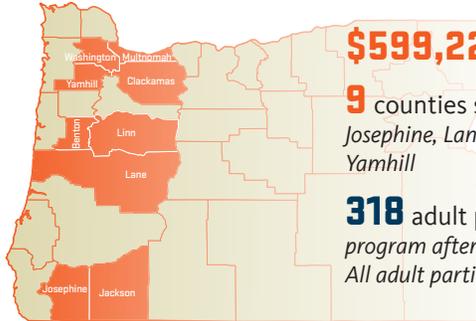


# Highlighting Success in Oregon

PROGRAM IMPACTS • FY2018 • 10.1.17-9.30.18



**\$599,222** federal appropriation received

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

**318** adult participants—*287 (72% completed the program after participating in a series of 6 or more classes. All adult participants are parents or caregivers of children)*

**22** community educators—(4.6 FTE)

**72** community partnerships—(EFNEP educators collaborated with 72 partnering agencies, delivering classes at 57 sites)

**1,498** youth participated in nutrition classes in school classrooms, after-school, and/or summer programs—*1,191 (80% completed the program after a series of 6 or more classes)*

## EFNEP Helps Families Make Positive Behavior Changes

### Adults

#### Diet Quality

Eat fruit more often each day

**54%**

Eat vegetables more often each day

**59%**

Eat red and orange vegetables more often each week

**54%**

Eat dark green vegetables more often each week

**54%**

Drink regular soda less often

**40%**

Drink fruit punch, fruit drinks, sweet tea, or sports drinks less often

**35%**

Cook dinner at home more times a week

**31%**

#### Physical Activity

Exercise for at least 30 minutes more days a week

**65%**

Strengthen muscles more days a week

**68%**

Make small changes to be more active

**62%**

#### Food Security

Eat less than wanted less often

**35%**

Have enough money for food

**37%**

### Food Safety

Wash their hands more often before preparing food

**23%**

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

**21%**

Thaw frozen food at room temperature less often

**67%**

Use a meat thermometer more often

**62%**

### Food Resource Management

Cook dinner at home more times a week

**31%**

Compare food prices more often

**53%**

Plan meals before shopping more often

**62%**

Check cupboard before shopping more often

**51%**

Make a list before shopping more often

**57%**

### Youth

Increased knowledge/ability to choose healthy foods

**86%**

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

**38%**

Improved food safety knowledge/practices

**50%**

Improved physical activity knowledge/practices

**56%**



# Oregon EFNEP Reaches Diverse Audiences

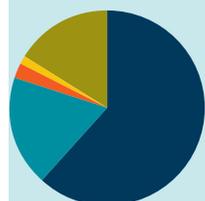
## Sex and Race/Ethnic Characteristics of Adult Participants

Female/Male

81% 19%

Hispanic/Non-Hispanic

82% 18%



- American Indian/Alaskan Native ...50%
- White.....15%
- Black/African American..... 2%
- Multiple Races..... 1%
- Not Provided .....13%

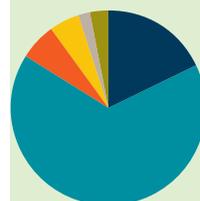
## Sex and Race/Ethnic Characteristics of Youth Participants

Female/Male

48% 52%

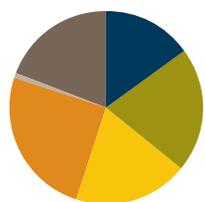
Hispanic/Non-Hispanic

27% 71%



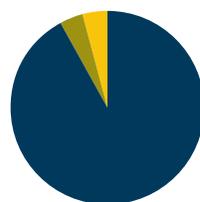
- American Indian/Alaskan Native ...18%
- White.....66%
- Black/African American..... 6%
- Multiple Races..... 5%
- Asian..... 2%
- Not Provided ..... 3%

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



**Income Relative to Poverty Level**

- 50% and below .....15%
- 51-75% .....21%
- 76-100%.....19%
- 101-185%.....25%
- 186% and above..... 1%
- Unspecified .....19%



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

- Entry.....92%
- Exit..... 4%
- Other..... 4%

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

HEI Change: +4.5 (Entry=55.8; Exit=60.4)

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

96% 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).

# Changing Family Behaviors

“I now compare brands and ingredients. I look for whole grain options and choose cereals with no added sugar. I balance my family’s diets by adding more fruits and vegetables to it and have added dairy back into family meals. I have learned to look for sodium in products and usually choose the low fat, low sugar options. I feel more balanced and have more energy to take care of my kids.”

*Josephine County EFNEP participant*

“It’s the first time I have participated in nutrition classes. It really bothered me that I had an unhealthy and addictive relationship with certain foods that I liked, including soft drinks, pizza, and hamburgers. After the EFNEP classes, I gave up cold soda and have not had any more. I started eating more healthily using vegetables, foods rich in fiber, such as whole wheat bread and oats. I am happy with the changes that I have made. I believe that now I am getting the right things for me and my family.”

*Yamhill County EFNEP participant*



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.