Expanded Food and Nutrition Education Program (EFNEP)

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 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%

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Oregon EFNEP Reaches Diverse Audiences

Sex and Race/Ethnic Characteristics of Adult Participants

<table>
<thead>
<tr>
<th></th>
<th>Female/Male</th>
<th>Hispanic/Non-Hispanic</th>
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<tr>
<td></td>
<td>81%</td>
<td>19%</td>
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<td>82%</td>
<td>18%</td>
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</tbody>
</table>

- 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

<table>
<thead>
<tr>
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<th>Female/Male</th>
<th>Hispanic/Non-Hispanic</th>
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<tr>
<td></td>
<td>48%</td>
<td>52%</td>
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<td>27%</td>
<td>71%</td>
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</tbody>
</table>

- 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.