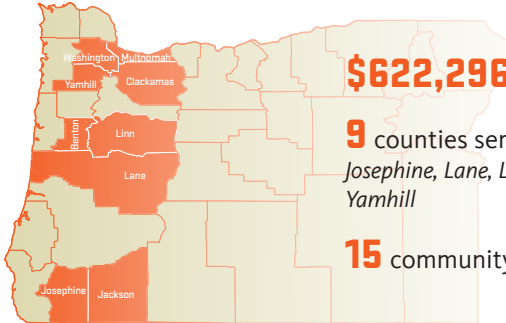


# Highlighting Success in Oregon

PROGRAM IMPACTS • FY2021 • 10.1.20-9.30.21



**\$622,296** federal appropriation received

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

**15** community educators—(3.1 FTE)

**590** youth participants—513 (87% completed the program after a series of 6 or more classes in school classrooms or after-school programs)

**152** adult participants—143 (94% 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

**62%**

Strengthen muscles more days a week

**56%**

Make small changes to be more active

**62%**

#### Food Security

Didn't run out of food

**94%**

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

**95%**

### Youth

Increased knowledge/ability to choose healthy foods

**93%**

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

**67%**

#### Food Safety

Wash their hands more often before preparing food

**17%**

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

**24%**

Thaw frozen food at room temperature less often

**60%**

Use a meat thermometer more often

**41%**

#### Food Resource Management

Cook dinner at home more times a week

**48%**

Compare food prices more often

**43%**

Plan meals before shopping more often

**55%**

Make a list before shopping more often

**55%**

Improved food safety knowledge/practices

**63%**

Improved physical activity knowledge/practices

**74%**



## Oregon EFNEP Reaches Diverse Audiences

### Sex and Race/Ethnic Characteristics of Adult Participants

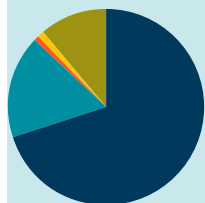
Female/Male

96% 4%

Hispanic/Non-Hispanic

96% 4%

\*1% not provided



American Indian/Alaskan Native	70%
White	17%
Black/African American	1%
Multiple Races	1%
Not Provided	11%

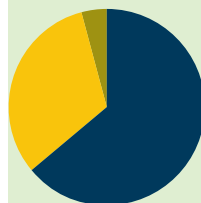
### Sex and Race/Ethnic Characteristics of Youth Participants

Female/Male

43% 57%

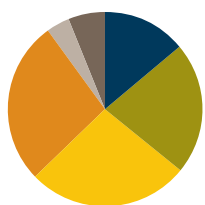
Hispanic/Non-Hispanic/Not-provided

21% 58% 21%



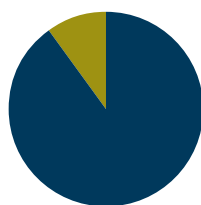
White	64%
Multiple Races	32%
Not Provided	4%

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



### Income Relative to Poverty Level

50% and below	27%
51-75%	17%
76-100%	26%
101-185%	23%
186% and above	4%
Unspecified	3%



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

Entry	90%
Not provided	10%

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

HEI Change: +7.6 (Entry=53.6; Exit=61.2)

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

- “Susana” joined the EFNEP Nutrition classes after completing the Walk With Ease program. She was very interested in learning how to eat healthier in order to feel better. During the classes she was very engaged and participated a lot. She started to eat healthy and drink water regularly. By the end of the EFNEP series, she had lost 12 pounds only by making changes in her diet and walking every day. “Eating healthy and walking has helped me with my arthritis pain. The pain has decreased almost entirely”.

Multnomah County

- After the remote ESBA series was completed, graduates received educational reinforcements for the course which support the adoption of healthier cooking and eating habits at home. This participant expressed via email: “I was so fortunate to participate in your class. It was a great source of connection during the time of isolation due to Covid. I got a lot out of the class, and recently, found a book on ways to prepare whole grains at the thrift store, giving me more recipes to try.”

Lane 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.