

EFNEP SUCCESS STORIES



Window sill garden at school prompts healthy eating

The Crittenden County EFNEP assistant and Extension agents, in cooperation with their local elementary school, worked with the entire second grade for the third year in a row to teach plant science from seed to harvest and the importance of good nutrition, including the benefits of consuming fresh fruits and vegetables. Students planted leaf lettuce, beets, radishes, celery and carrots in recycled containers in their classroom and were excited to watch the garden grow. They

learned how to care for the plants and about healthy nutrition through the MyPlate and Professor Popcorn curriculums.

A garden party was held with the students to taste their window sill garden. The students were eager to try the new vegetables. As a result:

- **34%** of students tried salad for the first time
- **71%** tried a new vegetable for the first time
- **63%** of youth reported that they will help parents or grandparents grow a garden

Creating healthier families

The Lawrence County EFNEP assistant offered the Healthy Choices for Every Body curriculum to limited-resource families in an effort to address nutrition, health, food safety, budgeting, and the importance of family mealtimes. Seven lessons were taught to 12 families (with a total of 55 members in the families). Survey results of participants showed:

- **100%** improvement with at least two positive food changes
- **83%** now plan meals in advance
- **92%** have made small changes to be active more often
- **75%** drink soda less often

“ ONE PARTICIPANT SAID: **I feel better and learning how to stretch my budget but keep meals healthy and tasty is something I'm really proud of. It's something that I feel good knowing that I'm feeding my family healthy food.** ”

EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



2018

ANNUAL
REPORT

SOURCES:

1. Childhealthdata.org, accessed October 2018
2. Stateofobesity.org, accessed October 2018
3. CDC, State Indicator Report on Fruits and Vegetables, 2013
4. Feedingamerica.org, accessed October 2018
5. U.S. Census Bureau 2017 estimates, accessed October 2018

University of Kentucky
Nutrition Education Program
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OUR FOCUS

The Expanded Food and Nutrition Education Program (EFNEP) is designed to assist limited-resource audiences in learning and developing the skills to make healthy behavior changes that will lead to improved diet and nutritional well-being. Through the EFNEP program's hands-on educational approach, participants learn to make behavior changes and improve the nutritional quality of the meals served to their families.

OUR CHALLENGE



AT LEAST 1 OUT OF 3

Kentucky children (**36.9%**)¹ are overweight or obese, while **34.3%**² of Kentucky adults are obese.



NEARLY 1 OUT OF 2

Kentucky children (**49.7%**)³ and adults (**45.9%**)³ consume fruits less than once daily.



ABOUT 1 OUT OF 5

Kentucky children (**19.2%**)⁴ and all Kentuckians (**15.5%**)⁴ experience food insecurity.



OVER 39%

of Kentuckians² have hypertension.



1 OUT OF 3

Kentuckians (**34.4%**)² are physically inactive.



1 OUT OF 6

Kentuckians (**17.2%**)⁵ are living below poverty.

OUR SOLUTION

1

Encourage small steps to increased physical activity.

2

Teach families how to budget, buy, and cook healthy foods.

3

Introduce and encourage youth to eat fruits and vegetables through demonstrations, classes and school gardens.

4

Show ways to meal plan.

OUR RESULTS

EFNEP WORKS FOR KENTUCKIANS



Healthier eating habits

95% of adult participants showed improvement in one or more nutrition practices (i.e. makes healthy food choices, prepares food without salt, reads nutrition labels).



Increased nutrition knowledge

80% of adult participants increased usage of the "Nutrition Facts" on food labels to make healthy food choices.



Increased food security

93% of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food).



Safer food storage and preparation

93% of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly).

IMPACT

2,069 families enrolled in nutrition education series

8,775 youth enrolled in nutrition education series

8,138 total family participants

EFNEP SUCCESS STORIES

Creating healthy habits for better health

The Morgan County EFNEP assistant partnered with the local Board of Education to address nutrition, hand washing, and physical activity to over 200 third grade students. Lessons were taught that focused on nutrition, MyPlate recommendations, and food choices from the Professor Popcorn curriculum. As a result of these lessons,

- **95%** of students were more physically active
- **100%** of students improved hand washing habits before food prep and eating
- **99%** ate more vegetables

“ STUDENTS SAID:
I learned so much about food and about staying healthy! ”



Young adults learn to improve their nutrition choices

The Wayne County 4-H agent and EFNEP assistant partnered together, in collaboration with a local residential facility for juvenile females, to help teach nutrition and healthy habits for life. The residents, aged 14-18, would be aging out of the facility and preparing for more independent living either on their own or at a half-way house. All would be faced with more individualized choices for their own health and nutrition. The Teen Cuisine curriculum was used to encourage healthy eating

behaviors and food preferences and also has a cooking component so that participants can learn basic kitchen skills.

- **78%** of the youth improved their ability to choose healthy foods
- **71%** of the youth improved their physical activity practices
- **87%** of the youth showed improvement in safe food handling practices

One participant stated, "I loved the class. I didn't know healthy food could taste so good."