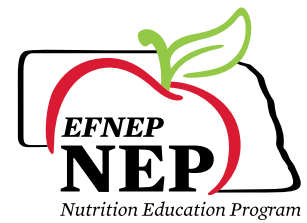


EFNEP 2016

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



DEFINING THE PROBLEM IN NEBRASKA



Nebraska has the 14th highest obesity rate nationally



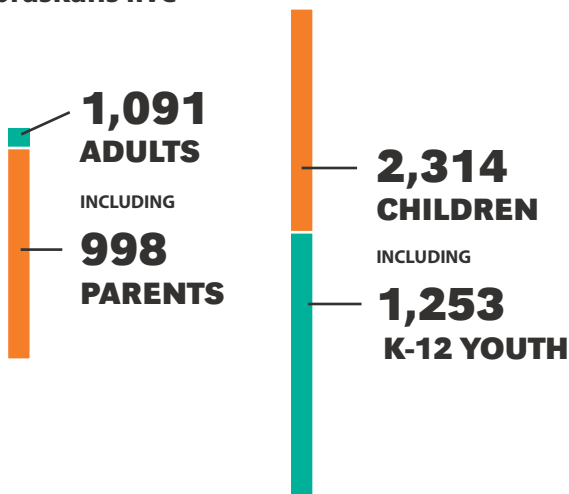
2 in 3 Nebraskans are obese or overweight



Nebraska has the 5th highest obesity rate in 2-4 year old WIC children at 16.9%

REACHING LOW INCOME FAMILIES

EFNEP serves 5 counties where 60% of Nebraskans live



REACHING DIVERSE POPULATIONS



SAVING MONEY

\$17,683

Total food cost savings reported

CHANGING BEHAVIOR

34% of adults and 31% of youth grades 3-12 reported increased physical activity

DEMONSTRATING RESULTS

An EFNEP client who was diagnosed with gestational diabetes had been working with her healthcare provider during her pregnancy. She received nutrition lessons in the hospital but needed help putting the information into practice, so she contacted the EFNEP paraprofessional after giving birth. Through the EFNEP group lessons, we were able to increase skills around food preparation, label reading, cooking, and physical activity. After the lessons, the client reported she was doing well, has no further glucose intolerances, and is much more aware of the importance of healthy eating.

—EFNEP Hall County