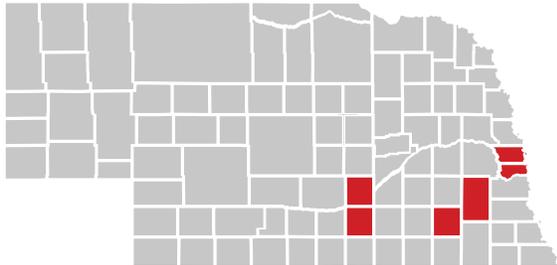




NEBRASKA EXTENSION

IMPACT 2017

EFNEP Impact Report



The Expanded Food and Nutrition Education Program (EFNEP) influences the nutrition and physical activity behaviors of limited-resource families, particularly those with young children, through community-based, relationship-driven, hands-on education.

EFNEP is offered in 6 Nebraska counties

Adult Impacts

EFNEP in Nebraska reached **1,156 families**, impacting **4,581 people** in those families.

Food Resource Management Practices

79% of participants showed improvement in one or more food resource management practice.



52% more often planned meals in advance



46% more often used a list for grocery shopping

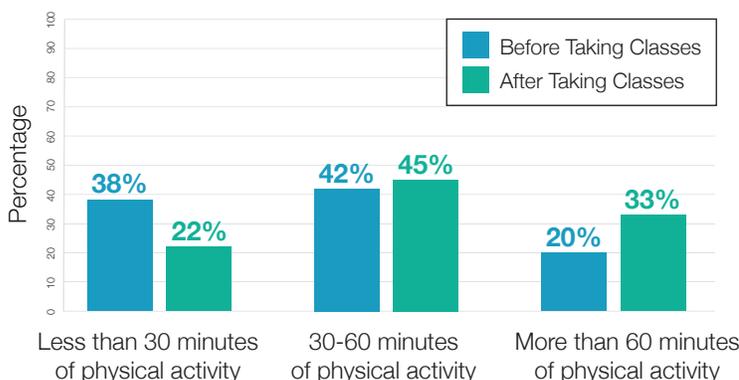


39% less often ran out of food before the end of the month



49% more often compared prices when shopping

Daily Physical Activity



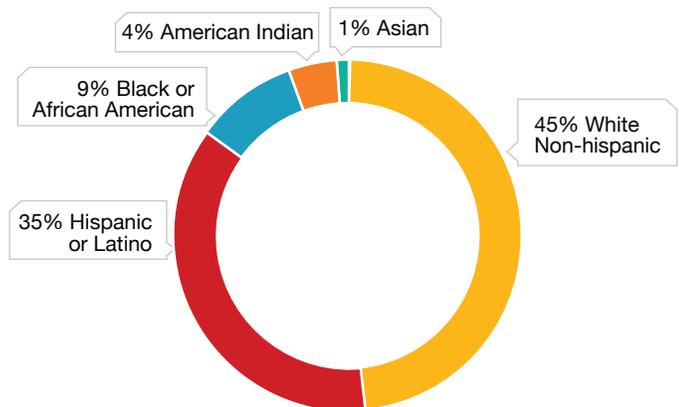
Nutrition Practices

Overall, 95% of participants had a positive change in their consumption of fruits, vegetables, grains, protein foods and dairy.

Food Safety Practices

62% of participants showed improvement in one or more food safety practice such as washing their hands, and properly thawing, heating and storing foods.

Participant Demographics



Household Incomes and Poverty Levels



43% of participating households have **less than \$12,300** of income to support a family of four.

Youth Impacts

EFNEP in Nebraska **reached 2,077 youth** grades K-12.

Diet Quality



Children and youth **improved** their **abilities to choose healthy foods.**

Food Resource Management



Children and youth **improved** their **ability to prepare simple, nutritious, and affordable foods** for themselves.

Success Stories



Omega Barcenas, Extension Assistant, provides healthy fruit samples to EFNEP participants.

Omega Barcenas, EFNEP peer educator, successfully taught a pregnant participant of the Nebraska Nutrition Education Program about the importance of eating healthy and following the MyPlate. Initially, this participant was not concerned with following a healthy diet and was drinking multiple high-sugar beverages per day. The participant stated, “I don’t eat much during the day and usually eat very late at night because my husband doesn’t come home from work until at least 11:00pm”. Omega taught the participant about the importance of eating smaller, more frequent meals and emphasized drinking water and decreasing her soda intake. Omega and the participant worked to break down barriers to eating more vegetables and incorporating physical activity throughout the day.

After the birth of her baby, this participant contacted Omega with interest in continuing more EFNEP lessons. The participant was diagnosed with gestational diabetes and now realized the importance of healthy eating and physical activity and wanted to continue to improve her health. Through additional EFNEP

lessons, she was able to increase skills around food preparation and label reading, practicing cooking skills, and physical activity. With the EFNEP lessons she learned how to prepare some healthy snacks and make a meal plan. After the series of EFNEP lessons, the participant reported no further glucose intolerances and is much more aware of the importance of eating healthy.



Nicole Busboom, Extension Assistant, helps youth make a healthy homemade bean dip to eat with their vegetables.

Visit nep.unl.edu for more information.

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