# KANSAS 2018 IMPACTS EFNEPWORKS

USDA FUNDED NUTRITION EDUCATION FOR YOUTH AND FAMILIES WITH LIMITED RESOURCES
THROUGH K-STATE RESEARCH AND EXTENSION





#### AFTER THE EFNEP SERIES OF LESSONS

## Dietary Quality 92%

adults improved diet quality



youth improved their ability to choose healthful foods

#### Food Resource Management

83% adults improved food resource management practices



### Food Safety

**81%** adults improved food safety practices



youth improved food safety practices

#### Physical Activity

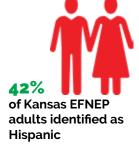
77%
adults improved
physical activity
behaviors

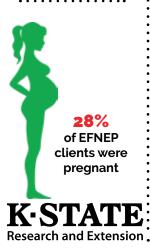


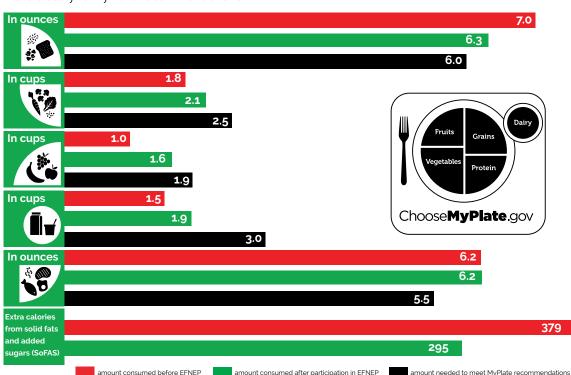
youth improved their physical activity practices

#### DEMONSTRATING RESULTS

Data reported through diet recalls show that Kansas EFNEP graduates changed their behavior and ate more closely to MyPlate recommendations.







#### ASSISTING FAMILIES ACROSS KANSAS Republic Washington Phillips Cheyenne Twin Creeks Marshall Phillips River Valley Post Rock Rooks Sherman Graham Mitchell Clay Sheridar Sunflower Rooks Ottawa Central Logan Blis Lincoln Kansas Geary Dickinson Golden Prairie

Wallace 3 Cottonwoo Douglas Midway District 17 Saline Frontier Miami Flint Ellsworth 11 Franklin Hills Marais des Walnut Creek Barton Greeles Wichita Cygnes McPherson District Pawnee Linn Hodgeman Stafford Hamilton Kearny Reno Edwards Southwind Butler Gray Ford Pratt Kiowa Haskell Stanton Grant Kingman Rolling Prairie Barber Cowley Meade Clark Morton Comanche Cherokee **COLLABORATING TO** 

> **SERIES** OF LESSONS VERY HELPFUL

SUCCESS STORY

SUCCESS STORY Before taking the EFNEP series and learning about reading the Nutrition Facts label and the difference between natural and added sugar I used to drink two 18018 SSBOOMS 12 ounce cans of soda daily. After taking the classes, cut down to one 7.5 ounce can a day. The classes also helped me choose healthier beverages for my children; and I look at the Nutrition Facts label and check that

juices are 100% juice before purchasing.

Sedgwick County Participant

**IMPROVE COMMUNITIES** 

Kansas EFNEP programs partnered with hundreds of organizations, institutions and agencies to improve environmental settings and positively affect sectors of influence. Some of the many partners in 2018 included:

> Schools · Churches · Worksites · Health care sites · Community centers · Adult rehabilitation centers

· Emergency food assistance sites · Adult education and training sites

SUCCESS STORY

**DIET AND EXERCISE** 

A former client enrolled in a work program reported that he continues to work on improving his diet and getting more exercise by walking his dogs.

He has stopped using methamphetamine, finished his studies at Washburn Tech and has a job so he can support himself and pay off his debts.

SUCCESS STOR **Shawnee County** 

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SUCCESS STORY

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SUCCESS STORY