

EFNEP WORKS!

Kansas 2019 Impacts

THE NEED FOR EFNEP

1 in 5



Kansas children are unsure of where their next meal will come from

1 in 3



Kansas adults is obese

1 in 4



Kansans are physically inactive

PROGRAM REACH

Peer Educators deliver a series of hands-on, interactive lessons to program participants. Lessons are evidenced based and tailored to meet the needs of the audience.

1,546

Kansans in need received education

Adults

Youth

839

707

3,395

total family members

32%
pregnant

46%
identify as
Hispanic

MAKING A DIFFERENCE

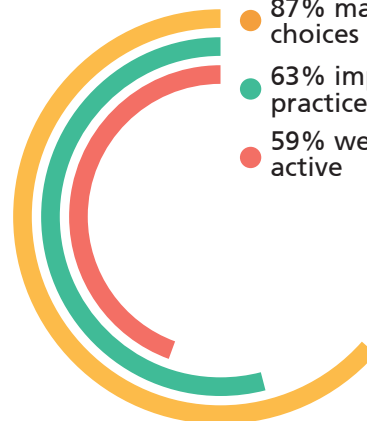
Adults

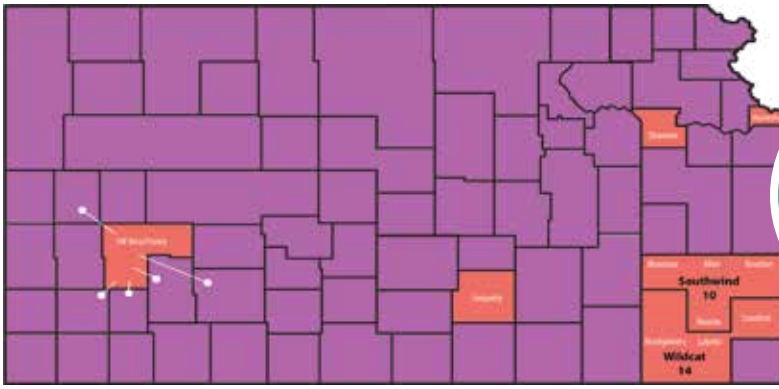
- 84% improved food resource management practices
- 83% improved food safety practices
- 80% were more physically active
- 60% ate fruit more often
- 56% ate vegetables more often



Youth

- 87% made healthier food choices
- 63% improved food safety practices
- 59% were more physically active





EFNEP Inspires Change

A participant who started EFNEP classes very hesitant to change her eating and health habits told the nutrition educator she started making healthy smoothies for breakfast, replacing refined grains with whole grains, using a food thermometer to make sure her food was at a safe temperature and started the process to quit smoking and had not smoked a cigarette in the last 10 days.

A participant shared he started making healthier choices since participating in EFNEP, stating "I cut back on eating out and started using the Nutrition Facts labels at the grocery store to make healthy choices and I feel much better now that I don't eat fast food all of the time." His future goals are to continue to eat healthier but reduce his sodium intake.

Beginning a Healthier Lifestyle



Breastfeeding Welcomed at Kansas Statehouse

The Shawnee County EFNEP program was part of a workgroup formed by Representative Jim Ward, D-Wichita to locate and furnish a lactation room in the state capital. Employers, businesses, public and non-profit agencies can make a difference in the lives of breastfeeding mothers and infants by providing clean, comfortable and private accommodations for feeding babies and expressing breastmilk. The Kansas State Capitol is now a 21st century employer and family-friendly statehouse for the people of Kansas.



Small Steps Can Improve Health

After attending the series of EFNEP classes and learning how to read nutritional labels a participant told the nutrition assistant "I went home and added the grams of sugar that my husband was drinking from soda, 240 grams (4-20 oz. bottles a day), he was surprised. In less than two weeks he went from four bottles to one bottle a day and continues to work to reduce his consumption. He has diabetes and since he learned how much sugar is added to soft drinks, he started joining me for nutrition lessons every time he can fit it in his work schedule."

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