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

839
Adults
707
Youth

3,395
total family members

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
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.

Beginning a Healthier Lifestyle

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.

EFNEP Inspires Change

Small Steps Can Improve Health

Breastfeeding Welcomed at Kansas Statehouse

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.”

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.

Lisa Ross, SNAP-Ed/EFNEP Coordinator
1324 Lovers Lane, 243 Justin Hall
Manhattan, KS  66506
785-532-1674 or lkross@ksu.edu

This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.