

EFNEP

Expanded Food and Nutrition Education Program 2015 Annual Report



Colorado's Challenges...

- More than **1 in 7** Colorado households with children struggle to put food on the table for their families.
- Nearly **1 in 5** Colorado kids don't always know when or where they will get their next meal.



- 21.3% of adults are obese.
- 14.6% of youth are obese, the second fastest growing child obesity rate in nation.

What We Do to Help

CSU Extension EFNEP teaches low-income Coloradans how to improve their health and the health of their families by choosing healthier food, while stretching their food budget and being more active.

Who Did We Reach?

In fiscal year 2015, Colorado State University Extension's EFNEP worked with 692 adults and 963 youth, reaching 2,401 family members indirectly.

Healthy Habits, Healthy Choices

Through a series of lessons, Colorado State University Extension EFNEP teaches:

- ✓ how to make healthy food choices
- ✓ how to stretch food dollars
- ✓ how to keep foods safe to eat
- ✓ how to prepare healthy meals
- ✓ how to be more physically active



After EFNEP Classes

- **47%** make healthier food choices
- **51%** are more physically active
- **66%** use nutrition labels to shop
- **41%** less often ran out of food at the end of the month

How Is EFNEP Helping?

“Now I shop with a grocery list every time I go to the store. I check nutrition labels to see what an actual serving size is. We also make an effort to be more active. I really enjoyed our classes.”

- EFNEP Participant
Pueblo County



“This class has helped me start eating healthier and be more active by playing with my little brothers. I ride my bike at least once a day, play sports, and I make sure I move my body for at least an hour a day. I really liked this class.”

- EFNEP Participant
Jefferson County

“I prepare my meals with less fat and salt, eat more veggies, don't thaw meat on the counter anymore, and we drink 1% instead of whole milk. I am serving my kids more fruit and veggies for meals and snacks.”

- EFNEP Participant
Larimer County



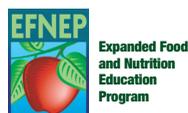
“We have several Head Start sites and we will only have Extension EFNEP teach nutrition classes. We have seen good changes in our parents and staff that have participated in classes.”

- Denver Head Start

For more information about the program, please visit:
www.efnep.colostate.edu



Extension programs are available to all without discrimination.



EFNEP is a nutrition education program funded through USDA-NIFA*. EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety, and physical activity.



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