

EFNEP

Expanded Food and Nutrition Education Program

2016 ANNUAL REPORT

Hunger in Colorado

- **One in seven** Coloradans struggle with hunger, facing times when there is not enough money to buy food.
- **One in five** Colorado kids may not always know when or where they will get their next meal.
- **21.3% of adults** are obese.
- **14.6% of youth** are obese, which is the second fastest growing child obesity rate in the nation.

What We Do to Help

Through the CSU Extension EFNEP Program (Expanded Food and Nutrition Education Program*), low-income Coloradans are taught how to improve their health and the health of their families by choosing healthier food, while stretching their food budget and being more active.

In Colorado, Extension EFNEP reached **1,382 adults, 1,466 youth, and 4,802 family members**. Using nutrition educators in 13 Colorado counties, and partnering with 126 non-profit agencies who identified participants and provided classrooms, EFNEP was able to teach individuals and families make healthier food choices and become more active.

* The national EFNEP program (Expanded Food Nutrition Education Program) began in 1969. In 2016, EFNEP had 1,866 EFNEP educators in the U.S. who have taught 119,351 adult participants in nutrition classes.



Tools We Use to Help



Colorado EFNEP developed a nutrition curriculum called *Eating Smart • Being Active* that is taught in all EFNEP classes in Colorado and used by 40 states and 3 territories in the U.S.



Colorado EFNEP has also created an *Eating Smart • Being Active* app, available on iTunes and Google Play, that includes more than 60 healthy recipes in English and Spanish, video demonstrations of physical activities, and a physical activity tracker.



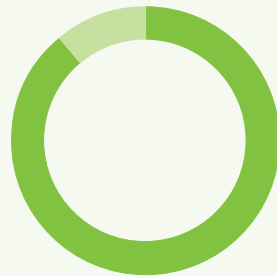
Colorado State University
EXTENSION

EFNEP Changes Behavior!

Through a series of nutrition lessons, Colorado 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

Overall, **89%** started making better, healthier food choices for their families.



What Was Accomplished?

ADULTS

In 2016, Colorado EFNEP Served:

1,382 adults

4,802 people in program families

.....

51% more often planned meals.

54% began thawing and storing foods correctly.

51% began making healthy food choices when deciding what to feed their families.

64% more often used the “Nutrition Facts” on food labels to make food choices.

50% increased their physical activity.

41% were less likely to run out of food at the end of the month.



YOUTH

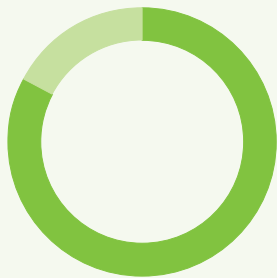
Third Graders

In 2016, Colorado EFNEP taught **1,033 third graders** at schools and in after-school programs to:

- understand MyPlate and portions
- taste a variety of healthy foods
- be active in fun, creative ways
- make healthy food choices
- plan healthy snacks and meals
- take food temperatures for food safety



83% started eating healthier snacks.



High School Students

In Colorado, EFNEP taught **433 high school students** in school and after-school programs, how to:

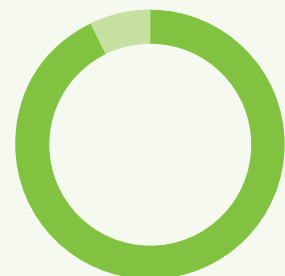
- make healthier food choices (eat more fruits and vegetables, drink more milk, eat more low-fat foods and whole grains),
- increase their physical activity, and
- keep foods safe.

How Did Our High School Students Do?

73% increased their physical activity.

73% improved in food safety.

Overall, **93%** began eating healthier.



How Is EFNEP Helping?



"I really liked the EFNEP nutrition program. It taught me a lot of good information. Because of this program, I will prepare balanced meals, shop smarter, and know what's really healthy and what's not healthy. I wouldn't change a thing about this class. I loved it!"
– Denver County Participant

"I was thinking about our educator the other day when I went shopping. She was right, the top and bottom shelves at the grocery store show the cheap brands and the shelves at eye level have the brand names that cost more."
– Jefferson County Participant

"I save on my groceries and also eat healthy, since taking the EFNEP classes, and learned how to budget so my food stamps last!"
– Weld County Participant



"Lindsey is a participant at Mile High Behavioral Healthcare class and is overweight. She told me that she has changed her eating habits and, thanks to the program, has lost 10 pounds."
– Arapahoe County Educator

"I don't eat as much outside of home. My goal is to eat out once a month. I really learned a lot in this class and I am teaching my family how to plan meals and cut sugar and salt. I see the importance of eating healthy and exercising at least 30 minutes a day and to stay active."
– Denver County Participant

"I took some pounds off my weight thanks to the portions you told us to eat."
– Pueblo County Participant

"I wanted to change the way I was eating, but I didn't know how – it all seemed so complicated. My teacher broke it down so it was easy. I have started to eat more fruits and vegetables and I cut down on soda. Now I only have a few per week instead of a few per day. I am already feeling better and I am not as tired."
– Larimer County Participant



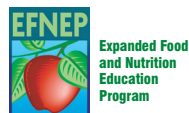
"The EFNEP class was a big inspiration to me. I started to put more thought into the type of food I eat and buy for my family. We used to eat a lot of frozen dinners and packaged meals. After reading some of the nutrition facts found on those foods, my wife and I decided not to buy or eat them. So, now we eat more fresh foods. Plus, we are eating at the dinner table more often instead of in front of the television."
– San Luis Valley Participant

"I really enjoyed learning the importance of reading labels and watching the intake of fats, salt, and sugars. I enjoyed learning new recipes and the all-around knowledge of eating smarter and healthier."
– Pueblo County Participant

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.



USDA is an equal opportunity provider, employer, and lender.