

# CSU Extension EFNEP

## 2014 Annual Report

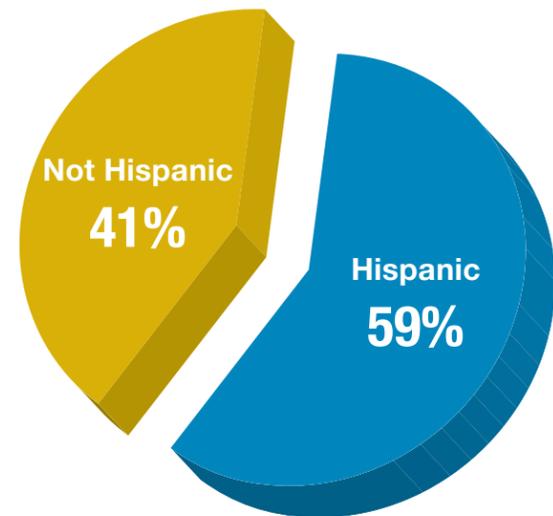
### EFNEP FOR YOUTH:

The percentage of overweight and obese youth in the United States is 32% (ages 2-19) and 17% respectively. Fourteen percent of Colorado's youth are obese – slightly lower than the national average. However, Colorado ranks second in the nation with one in four children overweight or obese.<sup>3</sup>



To help address the growing obesity rate in Colorado youth, EFNEP paraprofessional educators taught nutrition classes to 689 youth in the third, fourth, fifth, ninth, and 12th grades, either during or after school.

### EFNEP YOUTH PARTICIPANTS:

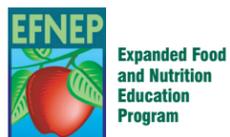


### FOLLOWING THE EFNEP YOUTH CLASSES:

- **85%** improved their ability to choose foods according to the Dietary Guidelines.
- **47%** improved their knowledge of food safety practices.
- **45%** of youth improved their physical activity.
- **73%** of third and fourth graders eat breakfast every day or almost every day.



For more information about the program, please visit:  
[www.ext.colostate.edu/snaped-efnep](http://www.ext.colostate.edu/snaped-efnep)



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. In Colorado, EFNEP is administered by Colorado State University Extension.

Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. Extension programs are available to all without discrimination. USDA is an equal opportunity provider and employer.



In federal fiscal year 2014, Colorado State University Extension's Expanded Food and Nutrition Education Program (EFNEP) reached 843 people, impacting 3,388 low-income family members. EFNEP participants learned about basic nutrition and healthy lifestyles, food resource management, food safety and physical activity.



## The Challenge for Colorado

More than two-thirds of American adults are either obese or overweight.<sup>1</sup> Although Colorado has the lowest adult obesity rate in the nation (21.3%)<sup>2</sup>, it has the second fastest growing childhood obesity rate in the nation.<sup>3</sup>

Many Coloradans face poverty and hunger. In 2013, more than one in five Colorado households with children (22%) reported food hardship, facing financial challenges to put food on the table.<sup>5</sup>



Figure 1: Nearly 1 in 7 Coloradans struggle with hunger.<sup>1</sup>

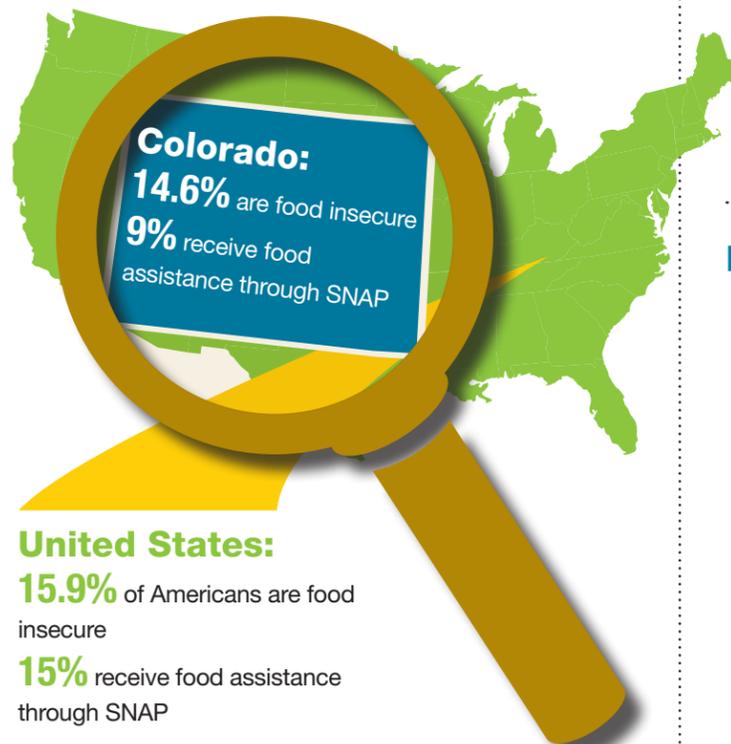


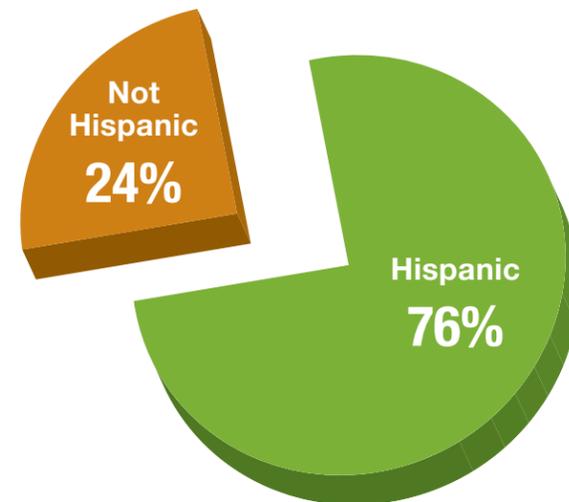
Figure 2: Percent of families with children that face hunger or food insecurity.<sup>5</sup>



## What is Colorado State University Extension doing to help?

The CSU Extension Expanded Food and Nutrition Education Program (EFNEP) reaches out to Colorado's low-income families through paraprofessional educators, recruited in the neighborhoods and counties where families reside, who teach a series of eight to 11 lessons on how to make healthy food choices on a limited food budget, prepare healthy meals safely at home, increase physical activity, and stretch food dollars through meal planning and keeping food safe. From these classes, participants use skills they learn in our classes that benefit communities through lower health care and public assistance costs.

### EFNEP ADULT PARTICIPANTS:



### EFNEP PARTICIPANT

*"I know this isn't a weight loss program but I am happy to say I have lost at least 3 pounds since we started learning about portion sizes. I am trying to stick to the stretching and exercise we do so I don't gain them back!"*



### EFNEP PARTICIPANT

*"After learning how to prepare vegetables in many ways in the EFNEP classes, I now serve them to my family often. My son loves eating his vegetables."*

### References

- Jensen, A., Gregory, C. and Singh, A. Household Security in the United States in 2013, A Summary from the Economic Research Service, United States Department of Agriculture. September 2014. [www.hungerfreecolorado.org/hungerfacts](http://www.hungerfreecolorado.org/hungerfacts)
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- Ogden, C., Carroll, M., Curtin, L., McDowell, M., Tabak, J., Flegal, K. (2006) Prevalence of Overweight and Obesity in the United States, 1999-2004. Journal of the American Medical Association. Vol. 295, (13): 1549-1555.
- Food Research and Action Center, Food Hardship 2008-2012: Geography and Household Composition, September 2013
- Robert Wood Johnson Foundation. F as in Fat: How Obesity Threatens America's Future. 2013. Trust for American's Health. <http://healthyamericans.org>

### FOLLOWING EFNEP CLASSES:

Following the lesson series, the majority of EFNEP participants reported positive changes in behaviors related to healthy eating (93%), food resource management (91%), food safety (63%), and physical activity (52%). These improved behaviors help families eat healthier and stretch their food dollars.

