Oregon State University Extension educators deliver EFNEP nutrition education in three Oregon counties - Clackamas, Lane, and Washington. EFNEP is designed to assist low-income participants in gaining new knowledge and skills in food preparation, storage, safety, and sanitation. For 37 years, evaluation data has consistently shown that Oregon EFNEP participants improve their diets, make wiser food choices, and better manage their food budgets. EFNEP helps families develop sound eating habits and behaviors necessary to manage food insecurity and fight Oregon’s growing obesity situation.

EFNEP primarily targets two audiences: low-income youth and adults with young children. In Federal Fiscal Year (FFY) 2006, EFNEP reached 1777 youth, and 354 adults. Most participants attend a series of 6-12 lessons. EFNEP also reaches its audience through indirect means. For example, 643 children were impacted by information taught to their parents and caregivers. Additionally, information and activity sheets are sent home with youth participants to engage their adult decision makers in the nutrition education effort.

Who are Oregon EFNEP Participants?

- **EFNEP serves families in greatest need.** 93% of EFNEP adults indicated enrollment of their families in one or more food assistance programs at entry into EFNEP (i.e., Food Stamps, Free / Reduced Price School Meals, Food Bank, TANF, WIC,) n=354. 16% reported receiving benefits from one or more food assistance programs as a result of EFNEP staff assistance or recommendation. EFNEP Youth typically attend schools that indicate 50% or more student eligibility for free and reduced meals.

- **EFNEP reaches out to diverse urban and rural audiences.** In 2006, 72% of adult participants lived in central cities and suburbs, 15% lived in mid-sized towns and cities, and 13% lived in rural areas or towns with a population under 10,000. Participant demographics show 47% white participants (includes Russian immigrant population), 43% Hispanic, 5% American Indian/Alaskan, 3% black, and 1% Asian or Pacific Islander.

How is EFNEP Taught?

- **EFNEP is delivered as a series of lessons (often over several months) to both adult and youth audiences.** Lessons cover nutrition concepts, food preparation skills, and techniques for keeping food safe to eat. Teaching responsibilities are shared by paraprofessional, professional, and volunteer staff. The hands-on, learn-by-doing approach allows participants to gain practical skills necessary to make positive behavioral changes.

Where is EFNEP Taught?

- **EFNEP classes are taught in homes and in a variety of community settings through community partnerships with agencies serving low income families.** Community settings include adult/juvenile correctional facilities, Boys & Girls Clubs, churches, community centers, DHS offices, Even Start and Head Start programming sites, drug/alcohol treatment centers, farmer’s markets, food pantries, low-income housing, parks and recreation programs, public health departments, safe centers, schools, USDA Summer Food Service sites, and WIC clinics.

How Are Impacts Measured?

- **For adult participants 24-hour diet recalls and adult survey checklists are collected at entry and upon graduation of an EFNEP series.** The survey measures 17 key food-related practices. For youth, targeted group surveys are collected at entry and upon graduation of an EFNEP series. More on the next page.
For more information about OSU Extension Nutrition Education Programs, contact Lauren Tobey, Program Coordinator, or Jill Murray, Program Manager, Milam 161, Oregon State University, Corvallis, OR 97331; Lauren.Tobey@oregonstate.edu, (503)737-1017 jill.murray@oregonstate.edu (503)737-8839