

Edited Impact Story Examples

Institution	Background	Outcomes
Cornell University (New York)	<p>"Lisa" and "Larry" were to become new parents. Lisa, still in high school, was working part-time and Larry, a full-time factory worker, were referred to EFNEP by local agency partners. Lisa and Larry grew up in families where eating healthy was not a high priority. They both had a tendency to consume fast foods, not only when they ate out, but at home. Their meals included sugary drinks and snacks and high fat and sodium foods with very little nutritional value. Nine lessons were delivered in their apartment. Topics included food resource management, healthy eating, and breastfeeding.</p> <p>Through these interactive lessons, real 'ah ha' moments occurred. They learned label reading which allowed them to see what was missing in their diet. Meal planning and shopping with a grocery list helped them have more healthful food in the apartment. Breastfeeding information has helped them see the benefits of breast milk for their baby. They are now on a path to better health.</p>	<p>Lisa delivered a healthy baby girl, who, along with her parents, is doing very well.</p> <p>Lisa and Larry were interested in learning more about breastfeeding. "Larry" didn't feel left out and was supportive. "Lisa" is successfully breastfeeding and together they are advocating to ensure their commitment to exclusivity is respected. As an example, "Larry" found out that the hospital staff gave their daughter a bottle. He told the nurse to not give her bottles since they were planning on only breastfeeding her. The hospital respected the parents' wishes and no further bottles were offered. EFNEP lessons gave these parents the opportunity to try new ways to be healthier. At first they were overwhelmed. But, as they progressed through the lessons and felt supported in integrating information they learned, they gained confidence. As their educator, I was very open with them and encouraged them to make small changes and recognized their progress at every opportunity. As they gained confidence they became more self-sufficient. This couple began to feel empowered and continues to make positive changes. They are buying and making whole foods (less junk food), drinking healthier beverages, taking walks as a family, and plan on teaching their daughter, by example, how to live a healthful life.</p>
Colorado State University (Colorado)	<p>As part of the RNECE initiative, Colorado EFNEP collected biometric data on a subset of participants. Data collected included height and weight to calculate BMI, blood pressure, and HbA1c. This data was collected at entry, entry, 6 and 12 months after graduation. One of the groups that participated in this project was a group in which most of the participants were related in one form or another.</p>	<p>At the end of the EFNEP class series, the family as a whole reported increased fruit and vegetable consumption and increased physical activity. This participant reported feeling physically better. At 6 months after graduation, his HbA1c was down to 10, which is still considered high, but had improved by 3 points. At 12 months after graduation, his HbA1c was</p>

	<p>One of the participants in the group had uncontrolled diabetes made evident by his HbA1c of 13 at entry. He was very surprised to learn about how high his HbA1c was and as a result, the whole family took the information that they learned in EFNEP very seriously.</p>	<p>9.7. In addition to the self-reported behavior changes of increased fruit and vegetable consumption and physical activity, objective biometric data showed that this participant made improvements in his blood sugar levels. Additional improvements in blood sugar levels were measured at 6 months and 12 months after graduation.</p>
<p>Texas A&amp;M University (Texas)</p>	<p>Hidalgo County Texas adult/parent from Kenneth White Junior High school.</p>	<p>"I now take a list to the grocery store and check what I have in stock at home to see what can be prepared. It has saved my family money each month. We went from spending \$560 to spending \$350 a month on groceries."</p>
<p>University of Vermont (Vermont)</p>	<p>Want to have your chips and eat them, too? Emily, a mother of four from Burlington, Vermont, learned to do just that in EFNEP groups classes offered through her local Visiting Nurses Association Family Room. Emily enrolled in EFNEP classes to learn more about providing healthy foods for her family, and to discover ways to limit food waste.</p>	<p>Through her EFNEP Nutrition Educator, Emily learned simple food preservation techniques, such as freezing and drying, which she has incorporated into her weekly food preparation routine. As a result, the family has reduced the amount of food and money wasted, and has increased their access to fruits and vegetables. About those chips, one of her favorite activities as an EFNEP student was turning fruits and vegetables into a healthier version of chips (specifically apple, kale and potato chips). The best part is her children now get involved in making these fun snacks at home. As a bonus, Emily says they have also eliminated sugary drinks and replaced them with healthy water based drinks flavored with herbs.</p> <p>Emily enjoyed her experience with EFNEP so much that this year she became a volunteer in an EFNEP class at that same Family Room. According to Emily, this experience of volunteering has given [her] the confidence to become a leader.</p>
<p>University of Missouri Columbia (Missouri)</p>	<p>Food insecurity in urban areas of Missouri is quite prevalent. Our program has focused on enabling participants to learn skills to ensure their own food security by growing their own food. We work with participants at public schools and community organizations, such as food pantries, to create garden sites.</p>	<p>The number of gardens went from 44 in FY 16 to 200 in FY 17, meeting both client educational and financial needs. As a result, children and adults are learning where their food comes from and are eager to taste what they have grown. The food grown in these gardens is used for cooking lessons,</p>

		taste testing, food banks, school lunch programs and to client homes.
University of Puerto Rico (Puerto Rico)	The EFNEP program is established in the municipalities of Arecibo, Camuy, Lares and Quebradillas. Participants and communities were very much impacted by Hurricane Maria. The electricity and water services were affected. In addition, getting a safe place to offer the course, “Eat Smart, Being Active” was very difficult. However, the lessons are important in helping to overcome the situation, because they teach about diet quality and physical activity, food resource management, food safety, and food security. Based on those interviewed, participants expressed concerns of poor diet quality and low physical activity. To offer the lessons, municipalities staff, community and religious leaders, and various schools collaborated to identify those areas where the courses would be offered. The group participants were low income parents and/or grandparents in the municipalities of Arecibo, Camuy, Lares and Quebradillas.	Through participation in the course, the participants improved in food safety activities, physical activity, diet quality, and weight loss. As a result, one participants said, “I have learned that the body needs to be very hydrated, and that you should buy foods that are only necessary and have a nutritional value. To not buy on an impulse, but rather when I am not in a hurry. To not defrost meats outside of the refrigerator. And lastly that we need to be physically active.” Other comments were given, such as: After completing the course my life has changed, obtaining positive results. I measure my portions, I cook what is necessary. I learned how to store and handle food properly and to be physically active. The greatest impact achieved in the participants was the change reflected in the food resource management practices. The participants expressed appreciation for the program because they gained a focus on moving forward, rather than on the destruction that surrounded them by Hurricane Maria. They also learned the importance of physical activity and nutrition in difficult times.
Montana State University (Montana)	During an adult Eating Smart Being Active class, a grandmother raising her granddaughter shared that although she was confident cooking, she had health issues that required her to consider changes to her diet to ensure she was healthy enough to care for her grandchild. She indicated she was interested in learning to prepare healthy recipes, but wasn’t comfortable about the idea of being physically active during the lessons.	The educator helped this grandmother become comfortable with physical activity by leading the class in simple exercises and modifying the movements as necessary to help everyone participate. Every week, the grandmother tried more physical activities and began using the healthy recipes from class at home with her granddaughter. Not only did this participant meet her goal of cooking healthier meals for her and her granddaughter, but she also gained confidence in being active!
North Carolina State University	Food insecurity affects one in four children in North Carolina. People with limited resources, who have children, struggle to put healthy food on the table while on a budget.	One EFNEP participant in Edgecombe County faced multiple challenges. She had recently lost her husband and found herself as the sole caregiver to both her handicapped son and an aging parent. She had never even thought of eating

(North Carolina)		healthy, reading food labels, or exercise until her participation in EFNEP through her worksite. After the loss of her husband, she realized the importance of being healthy enough to take care of the other people in her family. She is now making her own grocery list, using coupons and reading nutrition labels while shopping for her family's food. Her family loves the EFNEP recipes that she prepares at home. Thanks to skills she learned through EFNEP, she has been able to make ends meet under the most challenging of circumstances.
The Ohio State University (Ohio)	I taught a youth series at a residential school and treatment center in southwest Ohio. The director wanted the boys in the group to get hands-on food preparation opportunities in addition to learning about nutrition. Early on in the series, the participants insisted they were not being offered enough vegetables in their meals at the center. The leader later stated they were always given plenty of vegetable options, just not what they wanted. So, I chose to make some of the vegetarian Eating Smart, Being Active (ESBA) recipes during the cooking portion of the program to highlight more vegetables, and they were well received by most of the teens. After the fourth lesson, one of the center's kitchen personnel came to me and asked me for copies of the recipes we had been making in the classes. She said the participants had been talking about them and she wanted to replicate them for the youth at the center. One of the leaders, who was present during the whole grain lesson had replicated the vegetable quesadillas as an evening snack for the boys.	Not only were the teens learning life-long skills during these lessons, the leaders were also taking away skills to share with their students and their families. Choosing to make vegetable quesadillas during a snack break not only showed them a good example of a healthy snack, but it also increased their vegetable intake. The kitchen staff member that asked for recipes showed she was willing to make a change in order to create vegetable dishes the youth would enjoy, and she helped increase their vegetable intake. Although these teens are not able to make all their own food choices at this time, they did what they could by voicing their suggestions about the food offerings. The teens talking about the classes showed an interest in their newfound knowledge and skills and information they will be able to use to help them make healthy food choices even after they are out of school.
University of Florida (Florida)	Palm Beach County (PBC) is one of the wealthiest in Florida and has the richest agriculture east of the Mississippi River. It leads the nation in the production of sugarcane, fresh sweet corn, and sweet bell peppers.	Marjorie S. Fisher Nutrition Driven Program Description (ND) targets limited-resource PBC parents/caregivers, residing in a food desert, to improve food resource management, food safety practices, diet quality and improve access to healthy foods. The program teaches the Expanded Food and

	<p>Despite all the financial and agricultural wealth, 15.1% of PBC's residents reported having difficulty acquiring enough food to meet their nutritional needs. PBC's current food insecurity rate is higher than both the national (14.3%) and state (13.8%) food insecurity averages. To address this, the United Way of Palm Beach County and the Palm Beach County Board of County Commissioners convened the Hunger Relief Project and identified the need to create a comprehensive Hunger Relief Plan to reduce local hunger. The Marjorie S. Fisher Nutrition Driven program (ND) which began in 2015, allows the UF IFAS/Palm Beach County Extension and the Palm Beach County Food Bank (PBC FB) to further some goals identified in the Hunger Relief Plan, which calls for all PBC families "to have access to healthy, affordable food and have the knowledge to make the best possible healthy food choices". In the Hunger Relief Plan, the Food Research Action Center, based in Washington D.C., singled out ND as a model effort: "Nutrition Driven, a partnership between the Palm Beach County Food Bank and the University of Florida/Palm Beach County Extension Service, is an innovative model that combines nutrition education and access to fresh foods for residents struggling with hunger."</p>	<p>Nutrition Education Program (EFNEP) through an evidence-based curriculum for adults. Series-based lessons are taught in either English, Spanish, or Haitian Creole by a ServSafe Certified EFNEP Program Assistant (PA). The PA not only lectures, but models proper food safety techniques while preparing a healthy recipe that contains a whole grain, fresh fruits and/or vegetables. At the end of each class, each participant receives a bag of groceries that contains the whole grain and produce of the demonstrated recipe, courtesy of the PBC FB. At the end of the program series, participants who attended at least six lessons will graduate from the ND program. Graduates will receive a certificate of completion from the University of Florida and are eligible to participate in a raffle of a donated cooking item by Jarden Consumer Solutions, a gift card to a local grocery store or a cookbook.</p> <p>Accomplishments/Impacts In 2017, the program was delivered at 23 sites with 880 PBC graduates. Participants received education, recipes, and approximately 45,150 pounds of nutritious food, enough for 37,625 meals. 95% improved nutrition practices, 90% increased food resource management practices, 73% improved food safety practices and 52% increased physical activity levels.</p>
<p>Tuskegee University (Alabama)</p>	<p>Recognizing that the school system is an important venue for obesity prevention and healthy eating promotion, the Tuskegee EFNEP program partnered with a middle school 7<sup>th</sup> grade class in Hale County to teach and demonstrate fruit and vegetable intake. The educator was informed that the students do not eat the fruits when served and they must throw them out as waste. Having been told that the fruits are served whole or from cans, the educator decided to teach students how to cut fresh fruits into different shapes and sizes and present attractively for eating. Fresh seasonal fruits from a local farmer were donated as</p>	<p>The farmer delivers fruits and vegetables to the school cafeteria based on what the students enjoy and the educator conducts EFNEP to the Parent/Teacher association of the school. The school has reduced food waste while the students consume quite a variety of fresh foods partnering with the farmer.</p> <p>Improving the nutrition environment in school settings supports the food system, parents and teachers fruits and vegetables consumption at home with their families and stimulate economic development through the purchasing of fruits and vegetables from local farmers.</p>

	<p>supplements to their fruits intake in the Fall semester. Each week an 'exotic [low cost] fruit of the week' was evaluated by nutrient content, cut by students and tasted. If liked it was presented on the school menu with nutrient illustrative posters and recipes of the fruit and distributed to the 7th graders to take home. In the Spring, the 8th graders decided to do 'exotic [low cost] vegetable of the week' purchased from the same local farmer.</p>	
<p>American Samoa Community College (American Samoa)</p>	<p>A young 20 year old home-maker and her 2 year old daughter reside on the Western side of the island, in the village of Vaitogi. Here is where the Legend of the Turtle and Shark originates. Living with extended family was unbearable. She, being unemployed, received WIC and Food Stamp benefits. She spent most of her time sleeping and watching T.V. Most of the time, her family members would prepare their own evening meals for dinner, as she had no skills in food preparation, let alone cooking. She stayed home and did household chores, as her contribution for their living arrangements until she could find work...</p>	<p>She soon found out about the Expanded Food Nutrition Education Program through the Women's Fellowship in her congregation. She felt that it was something that she would need to better her life and that of her 2 year old daughter. Upon completing the program, she experienced a great feeling of accomplishment, as she had acquired the knowledge and understanding of the different food groups and the importance that they had in her well-being. She was now able to surprise her family by planning and preparing meals.</p> <p>She also returned to the American Samoa Community College - Adult Education to complete courses for her GED, as she was unable to complete her high school education. She has also expressed interest in the Nursing Program.</p>