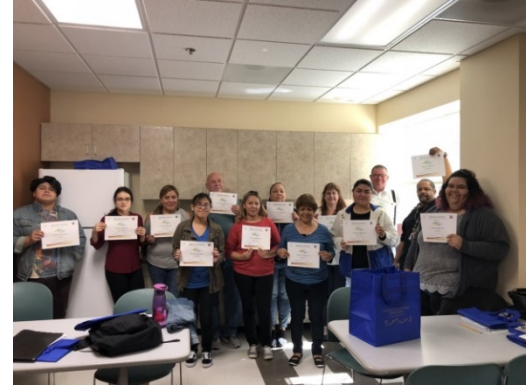


EFNEP Is For Families

- According to County Health Rankings & Roadmap:
 - Kern County food insecurity rate is 13%.
 - 32% of Kern County adults are obese.
- Annually, 0.5 FTE Nutrition Educator reach 218 parents/ head of households with 930 family members indirectly. There was a decline in direct contact due to COVID-19. The annual reach was 112 parents/ head of households with 467 family members indirectly.
- Evidence-based curriculums used were *Eat Smart, Be Active* (ESBA) and *100% at Home*.



EFNEP Graduates

EFNEP Supports Those with the Greatest Need



94% of families had incomes at or below the poverty level.



58% of participants completed only high school/ GED.



88% identified themselves as Hispanic or Latino.



79% participate in one or more food assistance programs.



Stir Fry recipe prepared in ESBA class

“Thank you for motivating us to make changes to take care of our health. I really appreciate this opportunity. I always learn something new. Again, thank you so much!”

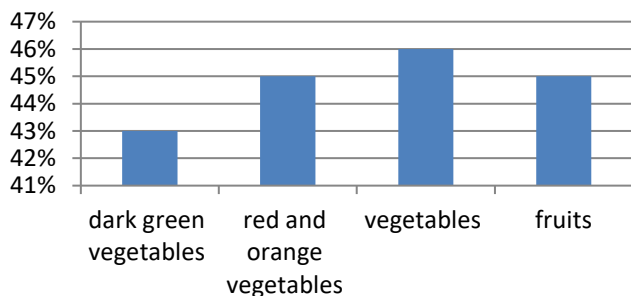
Kern County graduate



EFNEP Graduates

EFNEP Programs Lead To Healthier Choices

- **92%** of participants improved in one or more nutrition practices.
- **43%** of participants improved their consumption of dark green vegetables.
- **43%** of participants improved their consumption of red and orange vegetables.



*Graph shows percentage of improvement in the food groups: vegetable and fruit



EFNEP Teaches Resource Management

- **72%** of participants improved in one or more food resource management practices.
- **31%** of participants no longer run out of food at the end of the month.



EFNEP Reduces the Risk of Chronic Disease...

77% of participants increased their physical activity.

➔ *Associated with a lower risk of obesity, cancer and type II diabetes*

52% of participants decreased their sugar- sweetened beverages intake.

➔ *Associated with a low-sugar diet, this is associated with a reduced risk of many chronic diseases*

...And Foodborne Illness

74% of participants improved in one or more food safety practices.



EFNEP Resource Fair Table