



San Francisco City and County:

Adult EFNEP Makes a Difference in the Chinese Community



The Issue:

The City of San Francisco has the largest municipal population of Chinese in the State, comprising 20% of the SF population.* Many agencies such as Kai Ming Head Start provide services to this community. An interview with Kai Ming Head Start administration revealed struggles with both underweight and overweight children at pre-school sites due to dietary issues. Kai Ming requested parent classes to improve the nutritional status of these children.

What EFNEP Has Done:

Nutrition Program Representative Jenny Lam partnered with six Kai Ming Head Start sites to provide the EFNEP core program of eight weekly nutrition lessons from the Eating Smart*Being Active curriculum. Jenny Lam is a first generation Vietnamese immigrant of Chinese descent who speaks Chinese, Vietnamese, and English. She has three children and lives in San Francisco. She brings her own background, knowledge of the community, compassion, and strong healthy cooking and food demonstration skills to beneficial effect in the program.

The Pay Off:

The Kai Ming Head Start intervention graduated 47 families reaching a total of 192 family members (graduation rate 75%). Participants completed EFNEP Food Behavior Checklist and 24-Hour Recall evaluation tools and results were compared to FY 2009-2010 State EFNEP averages. Ninety-five percent of participants improved at least two nutrition practices such as reading food labels and eating breakfast (73% state avg.), 87% improved food resource management, and 91% improved food safety practices. A majority of participants improved their diets and physical activity levels as well: 62% increased fruit consumption (35% state avg.), 58% increased vegetable consumption (36% state avg.), and 74% increased physical activity (39% state avg.).



The EFNEP model is effective in improving the diets of urban Chinese immigrant families with young children and outreach to this population makes a valuable contribution to State EFNEP.



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