

KANSAS EFNEP IMPACT REPORT





2023

Kansas EFNEP programming is coordinated and delivered by Kansas State Research and Extension, funded by the United States Department of Agriculture, National Institute of Food and Agriculture, to support the health of low-resource youth, families, and pregnant individuals through hands-on in EFNEP's four core areas: diet quality and physical activity, food resource management, food safety and food security.

In Kansas



 **44%** of adults consume fruit less than once a day²

 **36%** of youth consume vegetables less than once a day²

93,960
children under
the age of 18
did not have
reliable access
to food³



Our Vision for a Thriving Kansas

When Kansas children and adults have consistent access to healthy food in supportive communities, the state thrives through:



Improved child development and academic performance^{4,8}



Decreased incidence of chronic disease^{5,9}



Reduced healthcare costs^{6,7,9}



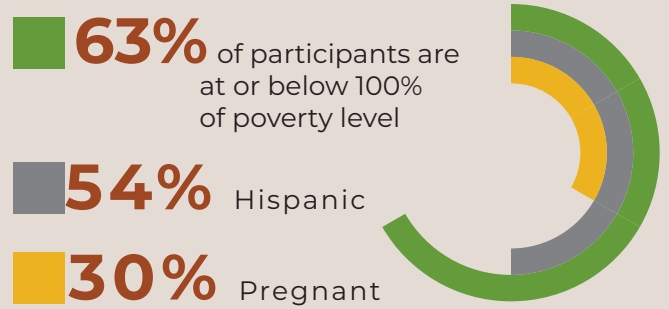
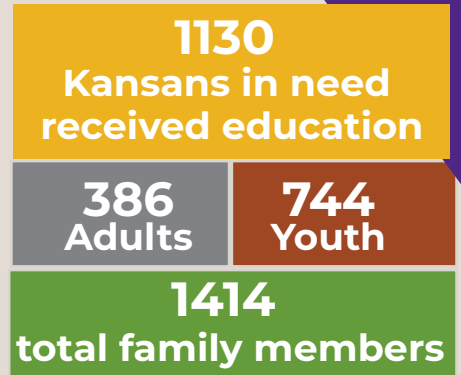
Increased economic performance^{6,9}

Sources:

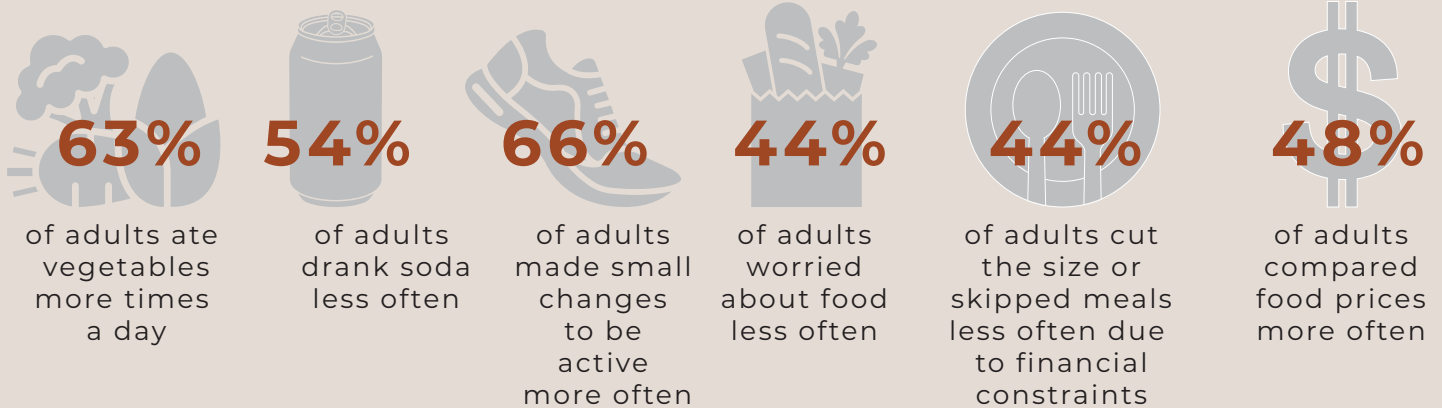
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Our Reach

2,544 Kansans in 11 counties



As a result of Direct Education:



Participants saved an average of **\$97.08** on monthly food costs

Voices From Communities

"Thanks to the EFNEP class I started reading nutrition labels and changed the size of plates our family uses. I threw away the big plates and started to use little plates, and gradually changed soft drinks to water. Me and my family have become more active, and my energy improved. Our family goes for a walk after dinner at least 3 days a week, especially on weekends and my kids love to walk with me now!"
- Sedgwick County EFNEP participant

"I regained my love for cooking and enjoy my trips to the grocery store because I don't overspend anymore, and I get some physical activity. My family and I are finally on the path to a healthier life."
- Ford County EFNEP participant

Many pregnant clients in our EFNEP classes report they eat a diet of convenience and fast foods. EFNEP provides Eat Smart, Move More lessons tailored for pregnancy. After the planning and shopping lessons, an EFNEP client went home and wrote out two weeks' worth of menus and shopping lists to go with them. She realized that if she plans her meals, she is more likely to stick to the plan instead of eating fast food meals.
- Shawnee County EFNEP

Join us in investing in the health and wellbeing of Kansans!

For more Information: Lisa Ross, MPH, RD, LD, State Coordinator, lkross@ksu.edu