

# EFNEP

ANNUAL  
REPORT  
2007-2008

## The Expanded Food and Nutrition Education Program



## The Expanded Food and Nutrition Education Program (EFNEP) Annual Report 2008

### How do I choose and prepare food that is healthy?

### How can I afford what I need and want for my family?

### How can I reduce my family's health risks?

These questions are especially challenging for those with limited resources. Clemson University Cooperative Extension helps answer them by working with children, youth, and families through the Expanded Food and Nutrition Education Program (EFNEP).

EFNEP is a proven cost-effective nutrition education program that has been in South Carolina for more than 39 years.

In EFNEP, children, youth, and families are taught individually or in small groups by 22 EFNEP Nutrition Education Assistants (NEAs). These paraprofessional instructors are trained in basic nutrition and food-related topics by faculty and nutrition specialists from Clemson University.

Adult program participants learn how to make good choices to improve the nutritional quality of the meals they

serve their families. They participate in a series of lessons based on MyPyramid and the Dietary Guidelines for Americans. The hands-on, learn-by-doing approach allows the participants to gain the practical skills necessary to make positive behavior changes in the areas of nutrition, food safety, food resource management and physical activity.

EFNEP children and youth participate in a series of educational lessons geared at helping them to eat smart and move more through programs such as *Color Me Healthy*, *Jump Into Food and Fitness* and *EatFit*.

*EFNEP helps children, youth and young families with limited resources develop the knowledge, skills, attitudes, and behavior needed to eat smart and move more.*

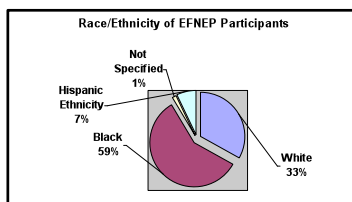


## Who participates in EFNEP?

EFNEP reaches children, youth and limited resource adults with young children. During the FY 07 program year, 1,029 families participated in EFNEP. Of these, 492 (48 percent) graduated and 40 percent continue to participate in EFNEP.

Seventy-two percent of South Carolina EFNEP families have incomes below 100 percent of the Federal Poverty Income Guidelines, and 58 percent have incomes below 50 percent poverty.

Fifty-eight percent of South Carolina EFNEP participants are African American, 7 percent are of the Hispanic ethnicity, 1 percent are not specified, and 33 percent are Caucasian.



A high percentage of program participants receive other federal food assistance. Thirty-three percent of EFNEP families receive WIC benefits, and 51 percent receive Food Stamps. Only 23

percent were in EFNEP alone at the time of enrollment. One hundred ninety seven families (19 percent) enrolled in one or more food assistance programs as a result of participating in EFNEP.

In addition, EFNEP reached 9,458 children and youth through a series of lessons delivered in schools, in after school programs and during summer day camping experiences. About 90 percent of the children and youth were between Pre-K and 6th grade.

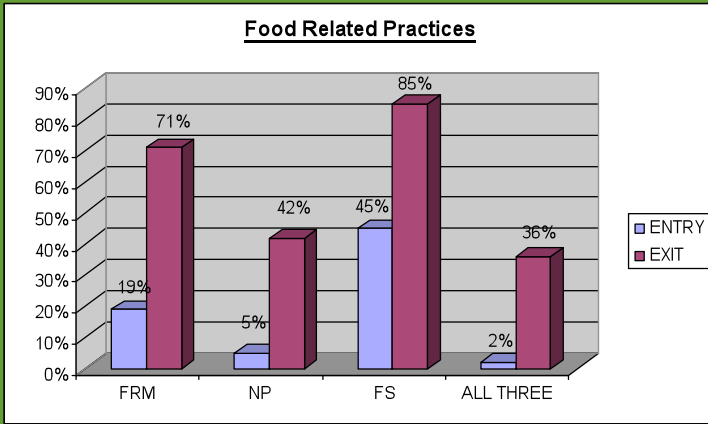
## EFNEP in South Carolina is Successful

During FY 07, when the adult participants entered the program, only 6 percent reported diets that contained foods from all five food groups. This percentage increased to almost 33 percent by the time participants graduated from the program.

A positive change in at least one food group was noted in 97 percent of participants graduating from the program. EFNEP participants also show behavior changes that translate into significant improvements in daily living skills.

EFNEP reached 9,458 children and youth with a series of educational lessons geared at helping them to eat smart and move more through programs such as Color Me Healthy for preschool age children; Jump Into Food and Fitness for elementary school age children; and, EatFit for middle and high school age youth.





More than 98% percent of participants show improvements in one or more nutrition-related practices.



Results from a survey taken at the beginning and at the end of the program show that 98 percent of participants showed improvement in one or more nutrition

practices (i.e., planning meals, making healthy food choices, preparing meals without adding salt, reading nutrition labels, or having children eat breakfast).

More than 94 percent of participants showed improvement in one or more food resource



management practices (i.e., planning meals, comparing prices, using grocery lists, or not running out of food). Almost 80 percent of participants showed improvement in one or more food safety practices (i.e., thawing and storing foods properly).

When participants first enrolled in the program, only 2 percent followed the acceptable practices for all indicators. At the end of the program 35 percent had achieved the goal.



Surveys taken at the beginning and end of the programs indicate that the nutrition and physical activity program offered by EFNEP for children and youth was significantly related to change in

knowledge, food consumption, food-related behaviors, and physical activity behaviors.

### Thanks to our Volunteers!

The work of volunteers is an important component of South Carolina EFNEP. Volunteers assist in group teaching, making arrangements for meeting sites, helping during group teaching, and participating in advisory committees. During the FY 07 program year, 856 individuals donated 6,864 hours to the program.

### Where is EFNEP located?

EFNEP is located currently in twenty counties in South Carolina: Aiken, Barnwell, Beaufort, Berkeley, Cherokee, Chester, Clarendon, Darlington, Dorchester, Florence, Kershaw, Lancaster, Lexington, Marion, Marlboro, Pickens, Richland, Saluda, Sumter, and Union.



### It all adds up.

EFNEP is a people-oriented program. South Carolina families enrolled in EFNEP receive guidance to reach better nutrition and greater self-sufficiency. For more than 39 years, EFNEP has helped develop strong, healthy, thriving families.



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#### UPSTATE REGION

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**Area Coordinator**  
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#### County Offices

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Union, Spartanburg,  
Chester, Lancaster

#### MIDLANDS REGION

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**Area Coordinator**  
Tarana Khan

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Lexington, Aiken,  
Saluda, Richland,  
Sumter, Kershaw

#### PEE DEE REGION

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**Area Coordinator**  
Lana Tietjen

#### County Offices

Marlboro, Florence,  
Darlington, Marion

#### COASTAL REGION

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**Area Coordinator**  
Harriett Bennett

#### County Offices

Clarendon, Beaufort,  
Berkeley, Barnwell