

## EFNEP Impact Report FY 2024



The Expanded Food and Nutrition Education Program (EFNEP) is a federally-funded nutrition education program for limited-resource participants available in every state, US territory, and the District of Columbia. EFNEP serves income-eligible parents/caregivers caring for children 18 and under, expecting mothers, as well as youth, by offering free, hands-on, and interactive workshops to help participants improve food and physical activity behaviors.

**502**

Participants

**359**

Graduates

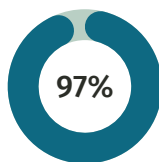
**72%**

Graduation  
Rate

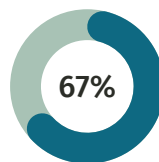
**1190**

Family Members  
Served

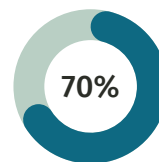
Percent improvement among  
**Adults** who completed the  
**EatingSmart \* Being Active**  
curriculum



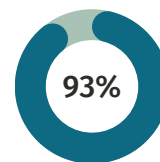
Diet  
Quality



Physical  
Activity

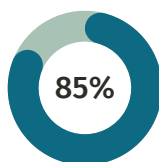


Food  
Safety

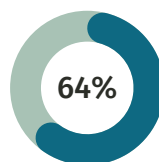


Food  
Resource  
Management

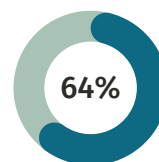
Percent improvement among  
**Youth** who completed the  
**Teen Cuisine**  
youth curriculum



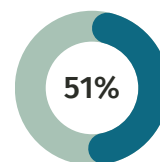
Diet  
Quality



Physical  
Activity



Food  
Safety



Food  
Resource  
Management

### CURRICULUM

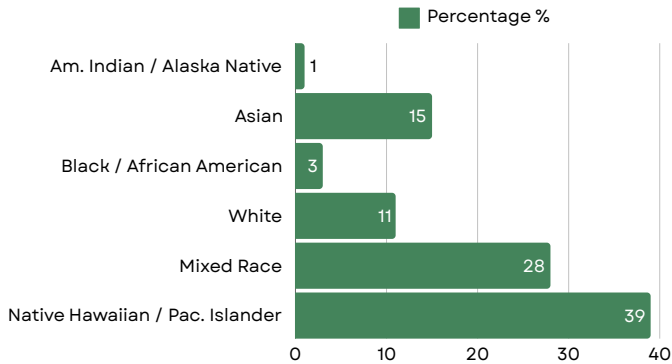


**Eating Smart \* Being Active (ESBA)** is a 9-lesson evidence-based curriculum based on the Dietary Guidelines for Americans and Physical Activity Guidelines for Americans. In each lesson, adult participants engage in hands-on lesson activities, cooking activities, and physical activity. Upon completion, participants receive a certificate of completion, cookbook, and lesson enhancements.

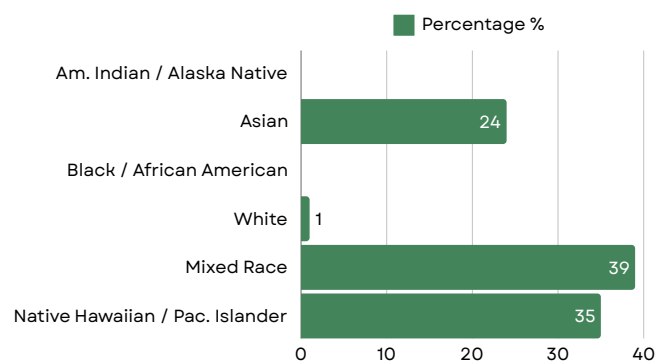
**Teen Cuisine** is a 6-lesson evaluated curriculum aimed for 6th - 12th grade youth. Youth participants engage in interactive lessons on nutrition, physical activity, food safety, food preparation, and cooking. Upon completion, participants receive a certificate of completion and lesson enhancements.

## PARTICIPANT DEMOGRAPHICS: RACE

Adult Participants (Total = 225)



Youth Participants (Total = 277)



### POLICY, SYSTEM, ENVIRONMENT (PSE) CHANGE INTERVENTIONS



- Partnered with the Children's Healthy Living (CHL) Program to promote preschool wellness education materials and activities to encourage healthy eating and physical activity to parents and their keiki. Offered at Tutu & Me Traveling Preschools, HCAP Head Start, and other early education programs across the state.



- Received a grant from the EXCITE Bridge Access Program funded by the Center for Disease Control (CDC) to increase awareness of eligibility of the COVID-19 Bridge Vaccine Access Program for under and uninsured individuals 18 years and older; and to increase awareness of where to get updated COVID-19 and flu vaccines. Flyers were created and distributed in EFNEP and SNAP-Ed classes.



- Created an online Preschool Teacher Wellness Training Course to implement Hawai'i Department of Health's Wellness Guidelines for preschool classrooms. Hawai'i EFNEP partnered with People Attentive To Children (PATCH) to provide this training with professional development (PD) credits to Early Childhood Education (ECE) providers. The Preschool Teacher Wellness Training Manual was developed by CHL and tailored for this 2-part training course.



**PARTNERSHIPS:** Despite understaffing, increases in the cost of food and other supplies, and other restriction concerns, there was a demand for more in-person classes and hybrid in-person and virtual combination classes. A big mahalo to our community partners for their continued support throughout the year: MA'O Organic Farms, CARE Hawaii, Kuhio

Elementary School, Pope Elementary School, Salvation Army, Po'ailani Inc., Aloha Harvest, Shriners Children's Hospital, Hawaiian Beaches Head Start, People Attentive To Children (PATCH), Mary Jane Home, Ka Pa'alana (Mountain View), Going Home Hawaii, Dole Middle School, Kawanakoa Middle School, Waimanalo Elementary and Intermediate School, and Reis Pediatrics.

This institution is an equal opportunity provider and employer.