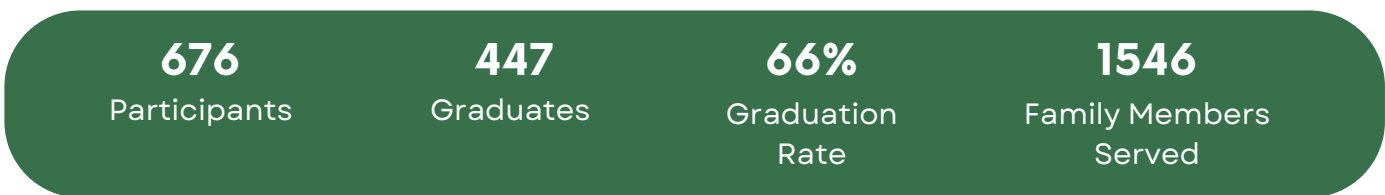




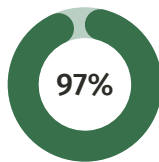
EFNEP Impact Report FY 2025



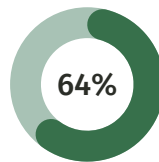
The Expanded Food and Nutrition Education Program (EFNEP) is a federally-funded nutrition education program for limited-resource participants available in every state, US territory, and the District of Columbia. EFNEP serves income-eligible parents/caregivers caring for children 18 and under, expecting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



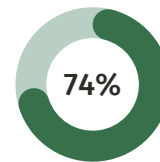
Percent improvement among **Adults** who completed the **EatingSmart * Being Active** curriculum



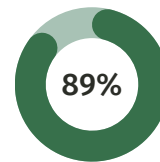
Diet Quality



Physical Activity

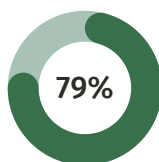


Food Safety

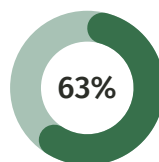


Food Resource Management

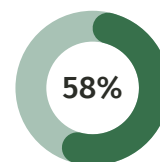
Percent improvement among **Youth** who completed the **Teen Cuisine** curriculum



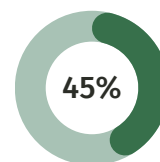
Diet Quality



Physical Activity



Food Safety



Food Resource Management

CURRICULUM

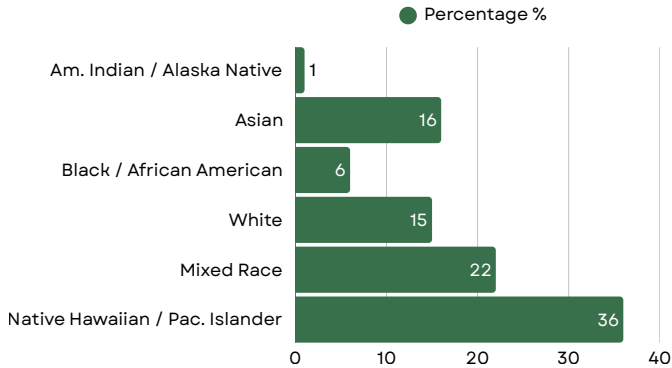


Eating Smart * Being Active (ESBA) is a 9-lesson evidence-based curriculum based on the Dietary Guidelines for Americans and Physical Activity Guidelines for Americans. In each lesson, adult participants engage in hands-on lesson activities, cooking activities, and physical activity. Upon completion,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

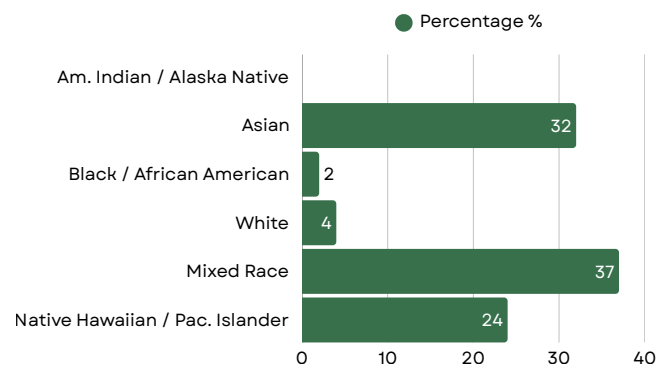
Teen Cuisine is a 6-lesson evaluated curriculum aimed for 6th - 12th grade youth. Youth participants engage in interactive lessons on nutrition, physical activity, food safety, food preparation, and cooking. Upon completion, participants receive a certificate of completion and lesson enhancements.

PARTICIPANT DEMOGRAPHICS: RACE

Adult Participants (Total = 296)



Youth Participants (Total = 380)



POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGE INTERVENTIONS



CHL Wellness Material Distribution: Partnered with the Children’s Healthy Living (CHL) Program to distribute preschool wellness education materials and activities that encourage healthy eating and physical activity to parents and their keiki. Offered at Tutu & Me Traveling Preschool sites.



Extension Collaboration on Immunization Teaching and Engagement

(EXCITE): A nationwide initiative led by U.S. Cooperative Extension in collaboration with the Center for Disease Control (CDC) and U.S. Department of Agriculture (USDA) to increase awareness and promote the updated COVID-19 and flu vaccines. Marketing materials were printed and distributed in EFNEP and SNAP-Ed classes. In addition, advertisement campaigns ran on all city buses on O’ahu and in program newsletters.



Preschool Teacher Wellness Training: Training for Early Childhood Education (ECE) providers that reinforces Hawaii Department of Health (DOH) ECE Wellness Guidelines, focusing on how to be healthy role models and incorporate wellness activities at preschool sites. Offered as a training webinar for People Attentive to Children (PATCH) and through direct education at Kapi’olani Community College and Honolulu Community College.



PARTNERSHIPS: A big mahalo to our community partners for their continued support throughout the year: Kaimuki High School, McKinley High School, Kawanānakoā Middle School, Waimānalo Elementary and Intermediate School, Lydia House, YMCA of Honolulu - Kalihi Branch, Kea’au High School, Boys & Girls Club Hilo, The Food Basket, U.S. VETS,

Waimānalo Health Center, Po’ailani Inc. (Kaneohe and Kailua), Shriners Children’s Hawai’i, Habilitat Inc., Salvation Army ATS, Salvation Army FTS, CARE Hawaii, Inc., Mary Jane Home, Ka Pa’alana, Ohana Ola O Kahumana, Ke Aka Ho’onā, Ka Pa’alana at HOPE Shelter, Kahauiki Village, Parents and Children Together (PACT), Kuhio Park Terrace, Hawai’i National Guard Job Challenge Academy, REIS Pediatric, Children’s Healthy Living (CHL) Program, Tutu & Me, Extension Collaboration on Immunization Teaching and Engagement (EXCITE), University of Texas A&M, TheBus, People Attentive to Children (PATCH), Kapi’olani Community College, and Honolulu Community College.