

1. Name of the Planned Program

(NFS) Cent\$ible Nutrition Program (EFNEP)

2. Program knowledge areas

- 704 50% Nutrition and Hunger in the Population
- 703 50% Nutrition Education and Behavior

3. Program existence : Mature (More then five years)

4. Program duration : Long-Term (More than five years)

5. Brief summary about Planned Program

In Wyoming the Extension Food Nutrition Education Program (EFNEP) is integrated with the Food Stamp Nutrition Education Program (FSNP) to form the Cent\$ible Nutrition Program. EFNEP is in two counties, Natrona and Laramie.

6. Situation and priorities

The United States Department of Agriculture recently released the Dietary Guidelines for Americans 2005. Tommy G. Thompson, Secretary of Health and Human Services, identified the number one message of the new guidelines as getting the most nutrition out of calories consumed. Number two was finding a balance between food and physical activity. (HHS-USDA press conference, January 12, 2005. Release # 0013.05). The key recommendations include an emphasis on increased consumption of fruits and vegetables, whole grains, and low-fat dairy and increased physical activity. Wyoming's large geographic size and low population makes food security a challenge for those with limited resources, and makes nutrition education, including food resource management, very important. In 2003, the percent of people below poverty in Wyoming was 10.9. Over the past several years, program educators have identified the following as the greatest needs for adult and youth low-income audiences in Wyoming: food resource management, food preparation skills, nutrition and lifestyle behaviors to improve health, feeding children, and food safety.

7. Assumptions made for the Program

1) In the 35 plus years EFNEP has been in existence, evaluation data shows the educational activities help limited resource families change behavior. 2) Hands on activities in small groups are effective methods with low income families.

8. Ultimate goal(s) of this Program

Diet Quality: Individuals, Families and Household level: 1)Increased adoption of healthy food practices 2)Participation in regular physical activity Food Safety: Individuals, Families and Household level will have: 1)Improved personal hygiene such as hand washing, 2)Avoidance of cross-contamination, 3)Keeping foods at safe temperatures. Food Resource Management: Individuals, Families and Household level will: 1) Use a variety of food resources to reduce food costs, 2)Provide culturally acceptable meals that are balanced for cost as well as for nutritional value Food Security: Individuals, Families and Household level will have: Increased availability of personal/family food resources.

9. Scope of Program

- In-State Extension

Inputs for the Program

10. Expending formula funds or state-matching funds : Yes

11. Expending other then formula funds or state-matching funds : No

12. Estimated Number of professional FTE/SYs to be budgeted for this Program

Year	Extension		Research	
	1862	1890	1862	1890
2007	3.5	0.0	0.0	0.0
2008	3.5	0.0	0.0	0.0
2009	3.5	0.0	0.0	0.0
2010	3.5	0.0	0.0	0.0
2011	3.5	0.0	0.0	0.0

Outputs for the Program

13. Activity (What will be done?)

Adult curriculum taught in a series of lessons; Adult one-time lessons; Youth curricula taught in a series of lessons and day camps; Displays and demonstrations; State and community partnerships with agencies serving the low-income; Training for educators ; Evaluation of program; Ongoing - Updating of curricula and materials.

14. Type(s) of methods to be used to reach direct and indirect contacts

Extension	
Direct Methods	Indirect Methods
<ul style="list-style-type: none"> ● Education Class ● Demonstrations 	<ul style="list-style-type: none"> ● Public Service Announcement ● Newsletters ● TV Media Programs ● Web sites

15. Description of targeted audience

The University of Wyoming is committed to reaching underrepresented groups and individuals and to implementing the objectives of equal opportunity regulations relative to the consideration and treatment of clientele for participation in all programs regardless of their race, national origin, gender, age, religion, or disability. Specific target audience groups: Low-income adults, Youth in Title I schools.

16. Standard output measures

Target for the number of persons(contacts) to be reached through direct and indirect contact methods

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
2007	100	500	500	500
2008	100	500	500	500
2009	100	500	500	500
2010	100	500	500	500
2011	100	500	500	500

17. (Standard Research Target) Number of Patents

Expected Patents

2007 : 0 2008 : 0 2009 : 0 2010 : 0 2011 : 0

18. Output measures

Output Target

Increased adoption of healthy food practices and participation in regular physical activity; Increased adoption of healthy food practices; Participation in regular physical activity . Targets indicate number of participants reporting adoption of practices.

2007: 100 2008: 100 2009: 100 2010: 100 2011: 100

Outcomes for the Program

19. Outcome measures

Outcome Text: Awareness created

Outcome Target

Increased awareness and knowledge gained for EFNEP program participants.

Outcome Type: Short

2007: 100 2008: 100 2009: 100 2010: 100 2011: 100

Outcome Target

Nutrition and food practices improved for EFNEP participants.

Outcome Type: Medium

2007: 100 2008: 100 2009: 100 2010: 100 2011: 100

Outcome Target

Food resource management improved for EFNEP participants.

Outcome Type: Long

2007: 100 2008: 100 2009: 100 2010: 100 2011: 100

Outcome Target

Improved personal hygiene such as hand washing; Avoidance of cross-contamination ; Keeping foods at safe temperatures for EFNEP participants.

Outcome Type: Medium

2007: 100 2008: 100 2009: 100 2010: 100 2011: 100

Outcome Target

Using a variety of food resources to reduce food costs; Providing culturally acceptable meals that are balanced for cost as well as for nutritional value. Targets indicate number of EFNEP participants.

Outcome Type: Medium

2007: 100 2008: 100 2009: 100 2010: 100 2011: 100

Outcome Target

Number of EFNEP participants reporting increased availability of personal/family food resources.

Outcome Type: Medium

2007: 50 2008: 50 2009: 50 2010: 50 2011: 50

20. External factors which may affect outcomes

- Appropriations changes
- Populations changes (immigration,new cultural groupings,etc.)

Description

If EFNEP funding is decreased, appropriations will impact program delivery. Population changes impact limited resource audiences eligible for program.

21. Evaluation studies planned

- Before-After (before and after program)
- During (during program)
- Case Study

Description

National EFNEP reporting program is used. Entry and exit data is collected on program participants. Case studies and success stories are gathered by nutrition educators.

22. Data Collection Methods

- Whole population
- On-Site
- Structured
- Observation

Description

Entry and exit interviews and surveyys with participants. Observation of skills demonstrated regarding food buying, food safety and preparation.