

FY2014: Ohio EFNEP Data

The Expanded Food and Nutrition Education Program

Adult Data

Total Adults: 4,433

Total Other Family Members: 18,025

Mean # of Months (Graduates): 1.5

Mean # of Lessons (Graduates): 7.3

Mean # of Sessions (Graduates): 6.5

Mean # of Hours (Graduates): 8.3

Program Status	# Adults	% Adults
Active	284	6%
Graduated	2,757	62%
Terminated	1,392	31%
Gender/Maternal	#	%
Male	713	16%
Female	3,720	84%
Pregnant	349	8%
Nursing	85	2%
Not Pregnant, Not Nursing, No Children	663	15%
Residence	#	%
Farm	66	1%
Towns under 10, 000 & rural non-farms	470	11%
Towns & cities 10,000 to 50,000 & suburbs	1,179	27%
Suburbs of cities over 50,000	564	13%
Central cities over 50,000	2,154	49%



THE OHIO STATE UNIVERSITY

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Adult Data (cont'd)

Poverty	# Adults	% Adults
< or = 50% of poverty	2,618	59%
51 - 75% of poverty	503	11%
76 - 100% of poverty	286	6%
101 - 185% of poverty	393	9%
186% or more	139	3%
Income not provided	494	11%
Instruction Type	#	%
Group Lessons	4,402	99%
Individual Lessons	29	1%
Group & Individual Lessons	1	0%
Other	1	0%

Race and Ethnicity	Not Hispanic/ Not Latino		Hispanic or Latino		Ethnicity Not Provided		Totals	
	#	%	#	%	#	%	#	%
White	2,048	46%	446	10%	74	2%	2,568	58%
African American	1,333	30%	46	1%	103	2%	1,482	33%
American Indian or Alaska Native	26	1%	42	1%	3	0%	71	2%
Asian	68	2%	0	0%	0	0%	68	2%
Native Hawaiian or Other Pacific Islander	9	0%	6	0%	0	0%	15	0%
Multiple Races Identified	238	3%	29	1%	4	0%	171	4%
Race Not Provided	18	0%	31	1%	9	0%	58	1%
TOTAL	3,640	82%	600	14%	193	4%	4,433	100%

Note: Percentages are rounded values so the sum of the individual percentages may not add up exactly to totals.

Adult Data (cont'd)

Public Assistance Program	Entry		Exit*	
	#	%	#	%
Total enrolled in one or more Food Assistance Program	2,329	53%	288	6%
Women, Infants, and Children (WIC)	642	14%	64	1%
Supplemental Nutrition Assistance Program (SNAP)	1,839	41%	118	3%
Food Distribution Program on Indian Reservations (FDPIR)	17	0%	4	0%
The Emergency Food Assistance Program (TEFAP)	144	3%	43	1%
Head Start	107	2%	13	0%
Child Nutrition	636	16%	89	2%
TANF	144	3%	43	1%
Other Federal Assistance	157	4%	25	1%

* Exit data represent any new public assistance a participant began receiving during EFNEP as a result of participating

Adult Impact Data – Diet Recalls

with both Recalls: 2,757

% of Graduates with both Recalls: 100%

Food Group	Meant at Entry	Mean at Exit	Mean Change
Grains	6.2 oz. eq.	5.6 oz. eq.	-.6 oz. eq.
Fruits	1.2 cups	1.4 cups	.2 cups
Vegetables	1.4 cups	1.8 cups	.4 cups
Dairy	1.3 cups	1.5 cups	.2 cups
Protein Foods	5.6 oz. eq.	6.0 oz. eq.	.4 oz. eq.
	Meant at Entry	Mean at Exit	Mean Change
Oils	14.3 grams	13.0 grams	-1.3 grams
Whole Grains	0.7 oz. eq.	1.1 oz. eq.	.4 oz. eq.
Solid Fats and Added Sugars (SOFAS)	427.1 calories	374.1 calories	-53 calories
Sodium	3112.7 mg	3095.2 mg	-17.5 mg

Adult Impact Data – Diet Recalls (cont'd)

% with Positive Change in one or more Food Group: 95.5% (n= 2,762)

% with Positive Change in Physical Activity Level: 39.2%

Total Cost Savings: \$20,265.89 (n = 1,999)

Average Cost Savings: \$10.10 (n = 1,999)

Healthy Eating Index (HEI) Category	Mean at Entry	Mean at Exit	Mean Change
Total Fruits (includes 100% juice) *	2.3	3	.7
Whole Fruit (not juice) *	1.9	2.8	.9
Total Vegetables *	3	3.5	.5
Dark Green and Orange Vegetables and Legumes *	0.8	1.4	.6
Total Grains *	4.3	4.2	-.1
Whole Grains *	1.1	1.7	.6
Dairy **	4.6	5.5	.9
Protein Foods **	8.1	8.6	.5
Oils **	4.8	4.7	-.1
Saturated Fat **	1.9	2.4	.5
Sodium **	3.1	2.8	-.3
Calories from Solid Fats, Alcoholic Beverages, and Added Sugars (SOFAAS)***	15.1	16.5	1.4
Total HEI ****	51	57.1	6.1

* Maximum=5 ** Maximum=10 *** Maximum=20 **** Maximum=100

Adult Impact Data – Behavior Checklists

with both Checklists: 2,757

% of Graduates with both Checklists: 100%

Improvement in one or more Practice	# Improved	# Responded	% Improvement
Food Resource Management	2,328	2,753	85%
Nutrition Practices	2,498	2,753	91%
Food Safety Practices	1,701	2,745	62%

Youth Data

of Youth Groups: 430

Total # of Youth: 9,190

Mean # of Months: 1.3

Mean # of Lessons: 6.0

Mean # of Sessions: 5.9

Mean # of Hours: 5.6

Gender	# Youth	% Youth
Male	4,707	51%
Female	4,483	49%
Residence	#	%
Farm	1	0%
Towns under 10, 000 & rural non-farms	44	0%
Towns & cities 10,000 to 50,000 & suburbs	729	8%
Suburbs of cities over 50,000	958	10%
Central cities over 50,000	7,458	81%

Delivery Mode	# Youth Groups	% Youth Groups
School Enrichment Programs	299	70%
After School & Summer Food Programs	131	30%
Grade	# Youth	% Youth
Pre-School	35	0%
Kindergarten – 2 nd	2,180	24%
3 rd – 5 th	5,708	62%
6 th – 8 th	1,019	11%
9 th – 12 th	219	2%

Youth Data (cont'd)

Race and Ethnicity	Not Hispanic/ Not Latino		Hispanic or Latino		Ethnicity Not Provided		Totals	
	#	%	#	%	#	%	#	%
White	3,236	35%	473	5%	0	0%	3,709	40%
African American	4,278	47%	194	2%	0	0%	4,472	49%
American Indian or Alaska Native	6	0%	2	0%	0	0%	6	0%
Asian	137	1%	10	0%	0	0%	147	2%
Native Hawaiian or Other Pacific Islander	8	0%	0	0%	0	0%	8	0%
Multiple Races Identified	543	6%	222	3%	1	0%	765	8%
Race Not Provided	2	0%	78	1%	0	0%	80	1%
TOTAL	8,210	89%	979	11%	1	0%	9,190	100%

Note: Percentages are rounded values so the sum of the individual percentages may not add up exactly to totals.

Youth Impact Data

Results for All Grades (K – 12)

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	6,593	86%
Physical Activity	6,581	40%
Food Safety	6,570	46%
Food Resource Management	564	46%
Food Security	36	33%

Results for Grades K - 2

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	1,505	92%
Physical Activity	1,503	40%
Food Safety	1,502	57%

Youth Impact Data (cont'd)

Results for Grades 3 - 5

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	4,390	84%
Physical Activity	4,381	35%
Food Safety	4,378	40%

Results for Grades 6 - 8

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	574	92%
Physical Activity	574	69%
Food Safety	567	60%
Food Resource Management	564	46%

Results for Grades 9 - 12

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	124	87%
Physical Activity	123	76%
Food Safety	123	69%
Food Security	36	33%



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