

FY2015: Ohio EFNEP Data

The Expanded Food and Nutrition Education Program

Adult Data

Total Adults: 3,767

Total Other Family Members: 15,058

Mean # of Months (Graduates): 1.5

Mean # of Lessons (Graduates): 7.4

Mean # of Sessions (Graduates): 6.7

Mean # of Hours (Graduates): 8.7

Program Status	# Adults	% Adults
Active	296	8%
Graduated	2,436	65%
Terminated	1,045	27%
Gender/Maternal	#	%
Male	928	25%
Female	2,839	75%
Pregnant	300	8%
Nursing	86	2%
Not Pregnant, Not Nursing, No Children	667	18%
Residence	#	%
Farm	102	3%
Towns under 10, 000 & rural non-farms	490	13%
Towns & cities 10,000 to 50,000 & suburbs	873	23%
Suburbs of cities over 50,000	479	13%
Central cities over 50,000	1,823	48%



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

Adult Data (cont'd)

Poverty	# Adults	% Adults
< or = 50% of poverty	2,521	67%
51 - 75% of poverty	359	10%
76 - 100% of poverty	208	6%
101 - 185% of poverty	281	7%
186% or more	144	4%
Income not provided	254	7%
Instruction Type	#	%
Group Lessons	3,732	99%
Individual Lessons	34	1%
Group & Individual Lessons	1	0%
Other	0%	0%

Race and Ethnicity	Not Hispanic/ Not Latino		Hispanic or Latino		Ethnicity Not Provided		Totals	
	#	%	#	%	#	%	#	%
White	1,889	50%	292	8%	124	3%	2,305	61%
African American	987	26%	20	1%	144	4%	1,151	31%
American Indian or Alaska Native	23	1%	5	0%	4	0%	32	1%
Asian	58	2%	1	0%	2	0%	61	2%
Native Hawaiian or Other Pacific Islander	3	0%	4	0%	2	0%	9	0%
Multiple Races Identified	122	3%	19	1%	9	0%	150	4%
Race Not Provided	14	0%	38	1%	7	0%	59	1%
TOTAL	3,096	82%	379	10%	292	8%	3,767	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	2,377	63%	420	12%
Women, Infants, and Children (WIC)	625	17%	100	3%
Supplemental Nutrition Assistance Program (SNAP)	2,019	54%	187	5%
Food Distribution Program on Indian Reservations (FDPIR)	51	1%	8	0%
The Emergency Food Assistance Program (TEFAP)	145	4%	47	1%
Head Start	34	1%	3	0%
Child Nutrition	439	12%	114	3%
TANF	129	3%	27	1%
Other Federal Assistance	152	4%	22	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: 2,436

% of Graduates with both Recalls: 100%

Food Group	Meant at Entry	Mean at Exit	Mean Change
Grains	6.3 oz. eq.	5.7 oz. eq.	-.6 oz. eq.
Fruits	.9 cups	1.2 cups	.3 cups
Vegetables	1.6 cups	1.8 cups	.2 cups
Dairy	1.3 cups	1.4 cups	.1 cups
Protein Foods	5.8 oz. eq.	6.1 oz. eq.	.3 oz. eq.
	Meant at Entry	Mean at Exit	Mean Change
Oils	14.8 grams	13.8 grams	-1.0 grams
Whole Grains	0.6 oz. eq.	.9 oz. eq.	.3 oz. eq.
Solid Fats and Added Sugars (SOFAS)	439 calories	379 calories	-50 calories
Sodium	3256.8 mg	3161.2 mg	-95.6 mg

Adult Impact Data – Diet Recalls (cont'd)

% with Positive Change in one or more Food Group: 94.7% (n= 2,435)

% with Positive Change in Physical Activity Level: 34.7%

Total Cost Savings: \$16,692.21 (n = 1,916)

Average Cost Savings: \$8.70 (n = 1,916)

Healthy Eating Index (HEI) Category	Mean at Entry	Mean at Exit	Mean Change
Total Fruits (includes 100% juice) *	2.0	2.8	.8
Whole Fruit (not juice) *	1.7	2.6	.9
Total Vegetables *	3.1	3.5	.4
Dark Green and Orange Vegetables and Legumes *	0.9	1.4	.5
Total Grains *	4.3	4.2	-.1
Whole Grains *	1.0	1.5	.5
Dairy **	4.6	5.2	.6
Protein Foods **	8.1	8.5	.4
Oils **	4.8	4.7	-.1
Saturated Fat **	2.0	2.3	.3
Sodium **	2.9	2.7	-.2
Calories from Solid Fats, Alcoholic Beverages, and Added Sugars (SOFAAS)***	15.0	16.2	1.2
Total HEI ****	50.4	55.6	5.6

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

Adult Impact Data – Behavior Checklists

with both Checklists: 2,436

% of Graduates with both Checklists: 100%

Improvement in one or more Practice	# Improved	# Responded	% Improvement
Food Resource Management	2,058	2,425	85%
Nutrition Practices	2,197	2,425	91%
Food Safety Practices	1,446	2,425	60%

Youth Data

of Youth Groups: 512

Total # of Youth: 10,766

Mean # of Months: 1.3

Mean # of Lessons: 5.9

Mean # of Sessions: 5.6

Mean # of Hours: 5.8

Gender	# Youth	% Youth
Male	5,406	50%
Female	5,360	50%
Residence	#	%
Farm	57	1%
Towns under 10, 000 & rural non-farms	170	2%
Towns & cities 10,000 to 50,000 & suburbs	1,112	10%
Suburbs of cities over 50,000	1,115	10%
Central cities over 50,000	8,312	77%

Delivery Mode	# Youth Groups	% Youth Groups
School Enrichment Programs	406	79%
After School & Summer Food Programs	50	10%
Short-Term Programs	56	11%
Grade	# Youth	% Youth
Pre-School	35	0%
Kindergarten – 2nd	2,180	24%
3rd – 5th	5,708	62%
6th – 8th	1,019	11%
9th – 12th	219	2%

Youth Data (cont'd)

Race and Ethnicity	Not Hispanic/ Not Latino		Hispanic or Latino		Ethnicity Not Provided		Totals	
	#	%	#	%	#	%	#	%
White	4,152	39%	712	7%	9	0%	4,874	45%
African American	4,507	42%	171	2%	6	0%	4,684	44%
American Indian or Alaska Native	10	0%	4	0%	0	0%	14	0%
Asian	149	1%	3	0%	0	0%	152	1%
Native Hawaiian or Other Pacific Islander	8	0%	0	0%	0	0%	8	0%
Multiple Races Identified	688	6%	306	3%	5	0%	994	9%
Race Not Provided	0	0%	2	1%	0	0%	2	0%
TOTAL	9,541	89%	1,205	11%	20	0%	10,766	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	8,213	85%
Physical Activity	8,154	42%
Food Safety	8,167	49%
Food Resource Management	1,287	42%
Food Security	59	29%

Results for Grades K - 2

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	1,433	76%
Physical Activity	1,430	32%
Food Safety	1,432	65%

Youth Impact Data (cont'd)

Results for Grades 3 - 5

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	5,266	85%
Physical Activity	5,261	37%
Food Safety	5,259	41%

Results for Grades 6 - 8

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	1,336	90%
Physical Activity	1,286	69%
Food Safety	1,299	59%
Food Resource Management	1,287	42%

Results for Grades 9 - 12

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	178	89%
Physical Activity	177	73%
Food Safety	177	70%
Food Security	59	29%



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