



# Family Nutrition Program

## FY 2006 Impacts - Buena Vista County

*"My family is enjoying eating, we are eating more healthy and trying new fruits and vegetables. I'm working on adding more grain to our meals and less sweets. My dinner meals are quick, easy and less stressful."*

- Nutrition Program Participant

### Behavior Change

**Of the 76 adults and pregnant teens who graduated from the program:**

**92%** made a positive change in one or more nutrition practices (i.e. planned meals, made healthy food choices, children ate breakfast, read nutrition labels)

**89%** made a positive change in one or more food resource management practices (i.e. planned meals, compared prices, did not run out of food, used grocery lists)

**86%** of graduates made a positive change in one or more food safety practices

### Participation

**71** adults and **12** pregnant teens participated in a series of one-to-one and group nutrition education sessions

**Of the adults and pregnant teens who participated:**

**24%** of participants were at or below 50% of the federal poverty level;

**71%** were at or below 100% of the federal poverty level

**57%** of the participants were Hispanic, **35%** White, **7%** African-American, **1%** Asian

**78%** of families participated in one or more food assistance programs (e.g. Food Stamps, WIC, Head Start, School Breakfast/Lunch, FIP)

**49%** of the children in these families were age 5 and under

**18%** of the participants were pregnant

### For more information about Nutrition Education Programs

<http://www.extension.iastate.edu/efnep/>

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This publication is funded by USDA's Food Stamp Program and Iowa State University Extension. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or call toll-free 1-877-YES-FOOD.



# Family Nutrition Program

## FY 2006 Impacts - State of Iowa

*"My family is enjoying eating, we are eating more healthy and trying new fruits and vegetables. I'm working on adding more grain to our meals and less sweets. My dinner meals are quick, easy and less stressful."*

*- Nutrition Program Participant*

### Behavior Change

**Of the 351 adults and pregnant teens who graduated from the program:**

**93%** made a positive change in one or more nutrition practices (i.e. planned meals, made healthy food choices, children ate breakfast, read nutrition labels)

**88%** made a positive change in one or more food resource management practices (i.e. planned meals, compared prices, did not run out of food, used grocery lists)

**70%** of graduates made a positive change in one or more food safety practices

### Participation

**517** adults and **49** pregnant teens participated in a series of one-to-one and group nutrition education sessions

**Of the adults and pregnant teens who participated:**

**44%** of participants were at or below 50% of the federal poverty level;  
**74%** were at or below 100% of the federal poverty level

**60%** of the participants were White, **28%** Hispanic, **8%** African-American, **3%** Asian, and **1%** American Indian

**90%** of families participated in one or more food assistance programs (e.g. Food Stamps, WIC, Head Start, School Breakfast/Lunch, FIP)

**63%** of the children in these families were age 5 and under

**24%** of the participants were pregnant

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