

IMPACT



Kootenai County, 106 E Dalton Ave., Coeur d'Alene, Idaho 83815; Phone: 208-667-6426

District 1 ENP: Helping More Families Achieve Self-Sufficiency

The Situation

For the past seven years District 1's Extension Nutrition Program (ENP) has been helping low-income families achieve self-sufficiency through educational lessons provided in nutrition, food safety, and money management. ENP is administered from the Kootenai County Extension Office and serves Kootenai, Bonner, Boundary, Benewah and Shoshone counties. Time and time again ENP makes a difference in the lives of North Idaho families living in poverty. Yet, the services of ENP have not yet reached low-income families in Latah, Nez Perce, Lewis, Clearwater and Idaho counties.

The percentage of individuals living in poverty is the same for the Panhandle and North Central Idaho (NCI) counties at 13%; the number of children living in poverty is also the same in both regions at 18%. To meet the needs of NCI's poor, District 1 ENP should expand its educational reach into the remaining counties in District 1 to help families move toward self-sufficiency.



Our Response

District 1's ENP Administrator has established the additional funding to expand ENP into the NCI counties. FY2002-2003 budget is \$444,000 (\$222,000 federal and \$222,000 state), an addition of \$240,396. Additional funding will support the hiring of new Nutrition Advisors, travel/mileage, and program materials and curricula for the "expansion" counties.

Program Outcomes

The following information indicates ENP is helping participants move toward self-sufficiency while improving their resource management, food safety, and nutrition practices. Potential clients living in the "expansion" counties stand to benefit in the same manner.

During FY2001-2002 District 1 ENP enrolled 214 clients with 80 graduated clients. Nutrition Advisors taught 1241 one-on-one or group lessons to clients and distributed 19,767 educational handouts.

Food Security

- The number of graduates who do not run out of food before the end of the month increased from 45% at entry to 86% at exit. The three-month follow-up evaluation showed 68% still practicing this behavior change.

- The number of graduates who track their expenses by using a written spending plan increased from 17% at entry to 70% at exit. The three-month follow-up evaluation showed 70% still practicing this behavior change.

Shopping Behavior/Food Resource Management Practices

- The number of graduates who shop with a grocery list increased from 35% at entry to 78% at exit. The three-month follow-up evaluation showed 77% still practicing this behavior change.
- The number of graduates who compare prices before buying food increased from 43% at entry to 84% at exit. The three-month follow-up evaluation showed 97% still practicing this behavior change.

Food Safety Practices

- The number of graduates who cook meat, fish, poultry, and eggs to a safe temperature increased from 68% at entry to 95% at exit. The three-month follow-up evaluation showed 96% still practicing this behavior change.
- The number of graduates who wash their hands in warm soapy water before preparing food increased from 71% at entry to 98% at exit. The three-month follow-up evaluation showed 94% still practicing this behavior change.
- The number of graduates who wash and sanitize utensils and kitchen surfaces before preparing food increased from 68% at entry to 97% at exit. The three-month follow-up evaluation showed 100% still practicing this behavior change.

Nutrition Practices

- The number of graduates who eat three or more servings of vegetables each day increased from 17% at entry to 78% at exit. The three-month follow-up evaluation showed 71% still practicing this behavior change.
- The number of graduates who eat two or more servings of fruit each day increased from 19% at entry to 66% at exit. The three-month follow-up evaluation showed 58% still practicing this behavior change.

- The number of graduates who eat low fat instead of high fat foods increased from 23% at entry to 68% at exit. The three-month follow-up evaluation showed 74% still practicing this behavior change.

For More Information

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