

IMPACT

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Bannock County EFNEP impacts Fort Hall Indian Reservation residents

The Situation

The Fort Hall Indian Reservation is located eight miles north of Pocatello and resides within three counties; Bannock, Bingham, and Power. The reservation is divided into five districts; namely Fort Hall, Lincoln Creek, Ross Fork, Gibson, and Bannock Creek. Recent demographic data indicates that 3,809 residents live on the reservation. Nutrition education services are provided to Fort Hall through the Bannock County Expanded Food and Nutrition Education Program (EFNEP) primarily in conjunction with the Four Directions Drug and Alcohol Residential treatment facility.

Local residents of the Bannock Creek District desired nutrition and cooking education to improve their health. They were interested in learning about healthy foods and habits. Through a highly motivated Fort Hall Tribal Health Educator, the Bannock County EFNEP office was asked to teach Bannock Creek District residents nutrition and cooking lessons.

Our Response

Through collaboration with the Fort Hall Tribal Health Educator, a Bannock Creek District resident, and the Bannock County Nutrition Advisor, a total of six nutrition and cooking lessons were taught to the group. Children were encouraged to join the activities with their parents/caregivers. The participants consisted of five adults with 31 family members. The ages of the children who came with their parents ranged from nine – 19. Several of the children were in a kinship situation that involved being cared for by grandparent guardians.

The curriculum used for these classes was the 2005 Dietary Guidelines based Idaho EFNEP adult cur-



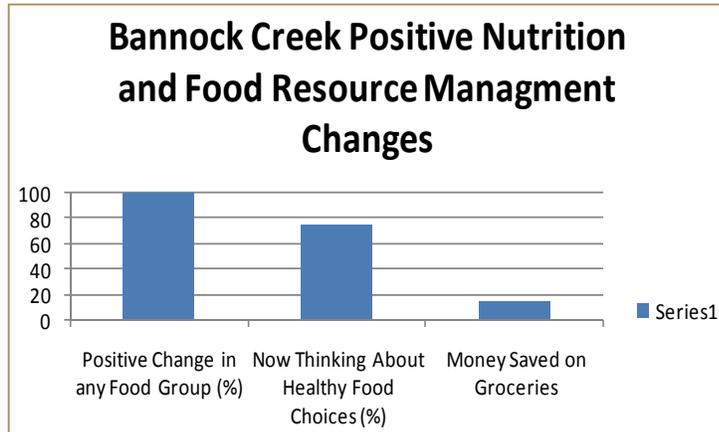
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riculum, *Eat Right for Life* developed by the University of Florida. Participants provided ingredients needed for each week's cooking session completed after the nutrition lesson. Participant's children were encouraged to cook under the supervision of the nutrition advisor and group adults. At the conclusion of the group, each member received an EFNEP certificate of completion.

Program Outcomes

Every week included new skills being taught to all participants. The group experienced changes in their family dynamics. Adults were astonished at what the children were capable of and as a result of the classes the families began including their children in meal planning and preparation. Data gathered from pre/post diet recalls and behavior checklists indicates that all participants improved their diet quality in at least one food group, half of the group is now thinking about healthy food choices when deciding what to

feed their families, and families improved their food resource management and are spending about \$14 less on groceries a month.



The EFNEP nutrition advisor expressed program impacts best: “Each week I was blessed to watch everyone grow and learn and apply the skills I was teaching into their homes and their own personal actions.”

FOR MORE INFORMATION

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