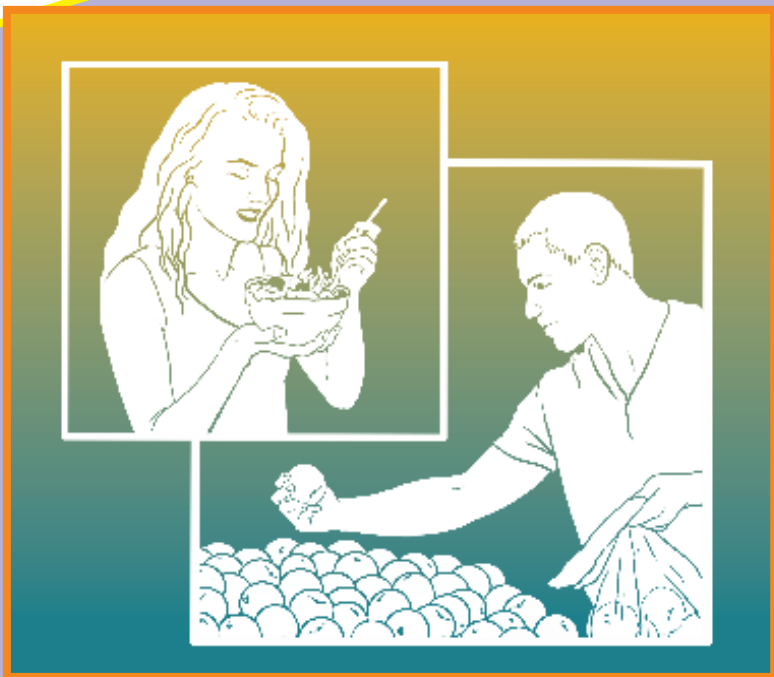


2019 IMPACTS: EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)



Improving nutritional
security through education



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

www.nifa.usda.gov/efnep
@USDA_NIFA

A MESSAGE FROM EFNEP

Nutrition insecurity, reflected by poor nutrition, limited physical activity, unsafe food practices, and food insecurity, is a significant national health concern. Poor health disproportionately affects minority and low-income populations. The Expanded Food and Nutrition Education Program (EFNEP) is the nation's first nutrition education program for low-income populations and remains at the forefront of nutrition education efforts to reduce nutrition insecurity of low-income families and youth today. Funded by the USDA's National Institute of Food and Agriculture (NIFA), EFNEP uses education to support program participants' efforts toward self-sufficiency and nutritional health and well-being. EFNEP also combines hands-on learning, applied science, and program data to improve program effectiveness, efficiency, and accountability.

Collectively, 76 land-grant institutions deliver EFNEP through Cooperative Extension. EFNEP operates within the larger context of existing non-profit, public, and federal nutrition education programs. EFNEP reaches an average of over 500,000 low-income adults and youth in rural and urban communities each year. EFNEP trains peer educators to teach low-income families to develop healthier behaviors. Peer educators help families understand and apply credible and practical nutrition information.

EFNEP's success is largely due to its dedicated staff of professionals, peer educators, and volunteers; support of champions and partners; and the commitment of youth and adult participants who change their lives and now contribute in other ways to their families and communities. Each year, EFNEP produces measurable evidence that shows how low-income families succeed when they have access to NIFA programs. EFNEP exemplifies how NIFA's promotion of science with a purpose can achieve tangible positive outcomes for families, communities, and society.

Contemporary research and accountability reporting illustrate EFNEP's high positive return on investment. Annual data consistently indicates that more than 90 percent of adult EFNEP participants report improved behaviors following program involvement. Although research is limited, there is some evidence that improved behaviors are sustained. Since 1969, EFNEP has reached 34 million low-income families and youth. Participants enhance their health by improving their nutrition, food safety, and physical activity practices.

signed,



Helen Chipman
National Program Leader,
Food and Nutrition Education

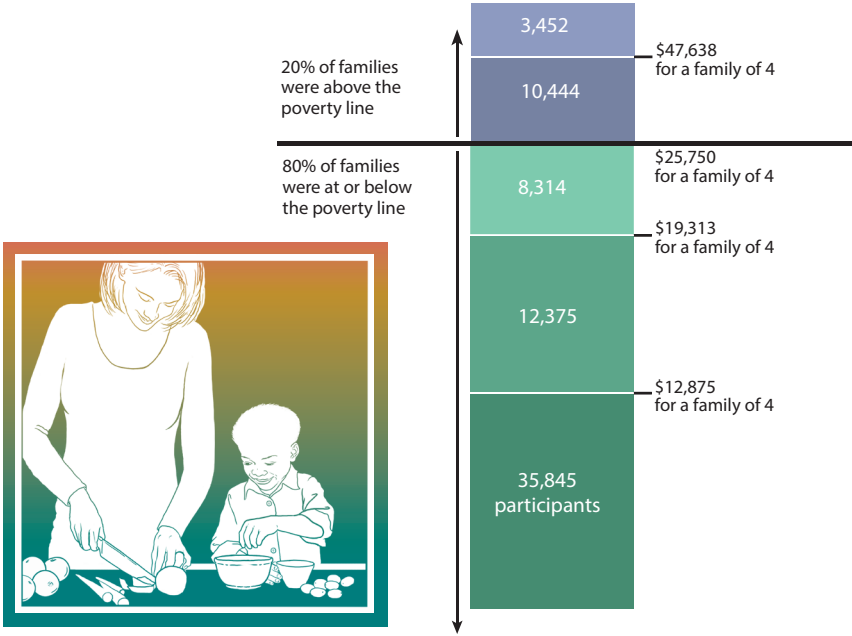
EFNEP Research and Cost Benefit Studies:
<https://nifa.usda.gov/efnep-research-and-cost-benefit-studies>

EFNEP Reports: <https://reis.usda.gov/reports-and-documents/efnep>

IMPROVING LIVES

REACHING LOW-INCOME FAMILIES

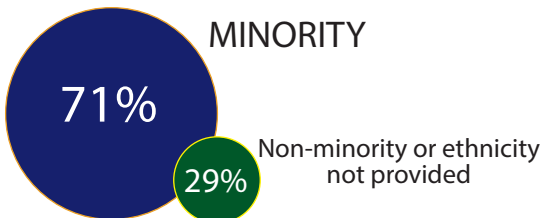
80% of EFNEP participants who reported income are at or below the poverty line, earning \$25,750 a year or less for a family of four.



In 2019, NIFA received \$67 million for land-grant university Cooperative Extension partners to conduct EFNEP in all 50 states, six U.S. territories, and the District of Columbia. EFNEP employed 1,415 educators who are members of the communities they serve. In turn, EFNEP educators worked directly with 88,456 adults and 323,762 youth. These educators tailored lessons on diet quality and physical activity, food resource management, food safety, and food security to meet the specific needs of their respective program participants.

REACHING DIVERSE POPULATIONS

At least 71% of all EFNEP adults are minorities.



SHARED STORIES

Some of the challenges families face in seeking educational opportunities are lack of time, childcare, and transportation. To alleviate these barriers, Alabama A&M University implemented an innovative Mobile Nutrition Unit to take adult and youth nutrition education into communities. The Mobile Nutrition Unit more than doubled the families reached by EFNEP.

– Alabama A&M University

After completing the program, an EFNEP participant had this to say, “Now I am able to plan snacks and meals in order to eat healthy and still have food that tastes good. Before, I thought eating healthy was difficult, not tasty, and most of all expensive. I have learned that I can afford to eat healthy. Eating healthy has changed my life.”

- Colorado State University

Although EFNEP is not a clinical nutrition education program, its lessons can reinforce the application of what people may learn from health professionals. After six weeks implementing healthy behaviors learned through EFNEP, a woman with diabetes shared that she was practicing portion control, balancing her blood sugar throughout the day and walking for 30 minutes a day with her grandson. “EFNEP allowed me to change the way I was eating while enjoying the things that I love.”

- North Carolina A&T State University

A few years after attending EFNEP classes at a drug rehabilitation facility a participant reconnected with her paraprofessional educator. She thanked the paraprofessional for the difference EFNEP has made in her life. The participant now has a job, regained custody of her three children, and is a successful part of her community. The benefit of EFNEP continues after participants complete the program.

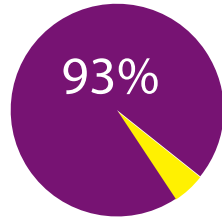
- Pennsylvania State University

SAVING MONEY

EFNEP graduates reported a collective food cost savings of:

\$1,234,440

IMPROVING DIETS

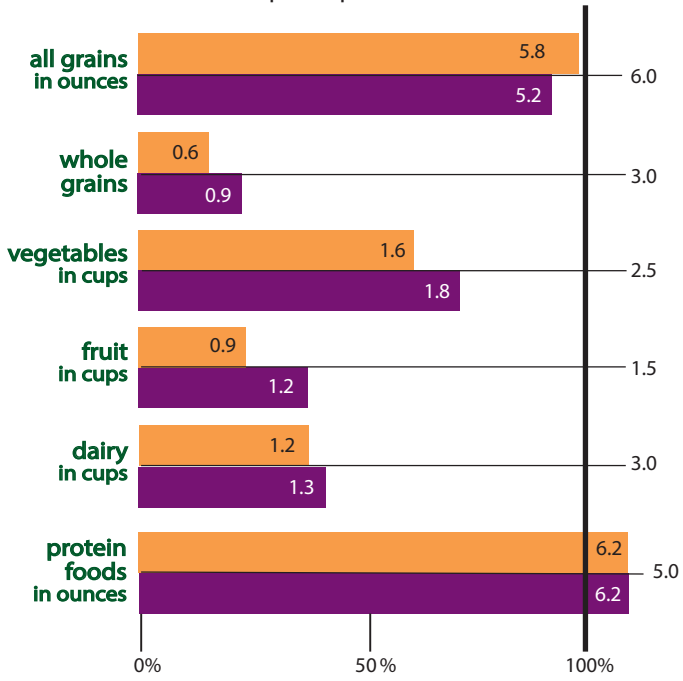


93% of adults improved their diet, including consuming additional fruits and vegetables.

DEMONSTRATING RESULTS

Data reported through diet recalls shows that EFNEP graduates eat more closely to MyPlate.gov recommendations. The data also shows there is still a need for nutrition education.

- Amount consumed before EFNEP
- Amount consumed after participation in EFNEP



USDA MyPlate recommendations

100 percent represents recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

SHARED STORIES

A mother of two was running out of money to buy food by the end of the month. By applying the skills she learned through EFNEP, she saved over \$100 after just two weeks.

- Iowa State University

EFNEP partnered with teachers to deliver youth lessons to 3rd and 4th grade students. Lessons included a Physical Activity Dice game; one of the dice has numbers and the other has physical activities on each side -- squat, jump, run in place, toe touches, and arm circles. After the dice are rolled, children complete the activity the number of times shown, 4 squats, for example. A year later, the Physical Activity Dice game was played with a new group of students. Also, the teachers presented "how to make Physical Activity Dice" at a school professional development meeting for their peers. Now teachers in many grades use the Physical Activity Dice to keep their students active throughout the day.

- University of Guam

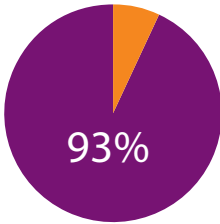
In New Hampshire, EFNEP collaborates with community partners to address the root causes of hunger throughout the Seacoast by increasing the availability of fresh and local produce distributed through free farmers markets. The markets have distributed 6,158 pounds of produce at schools, summer camps, and public housing where limited resource families live. This effort improved access to fruits and vegetables.

- University of New Hampshire

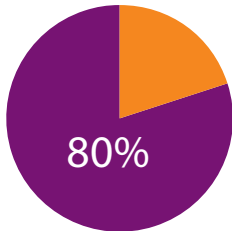
My employment with EFNEP has changed my life in a variety of positive ways: I get to see my clients become healthier firsthand. I go to work in the same building as the food pantry that my family used to need to get by. As a single mom, I'm able to provide for my children in a way I would not have dreamed of if it not had been for EFNEP. Looking back at my journey with EFNEP over the years reminds me: Anything is possible.

- Virginia Tech

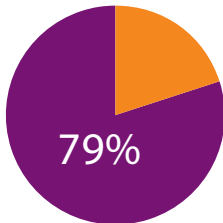
CHANGING ADULT BEHAVIOR*



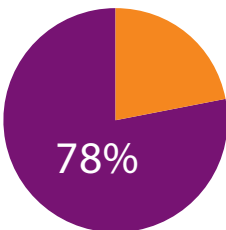
Percentage of adults improving diet quality practices



Percentage of adults improving food resource management practices

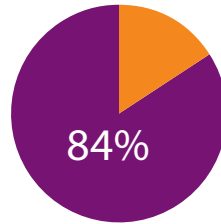


Percentage of adults improving food safety practices

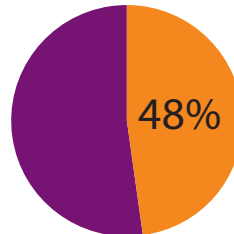


Percentage of adults improving physical activity practices

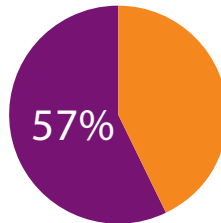
INFLUENCING YOUTH



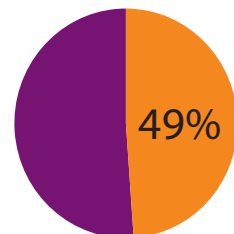
Percentage of youth increasing knowledge or ability to choose healthy foods



Percentage of youth increasing knowledge or ability to prepare low-cost, nutritious foods



Percentage of youth improving food safety and preparation knowledge or practices



Percentage of youth improving physical activity knowledge or practices

*A new research-tested Adult Physical Activity Questionnaire" (FPAQ) was introduced in 2018. Previous data cannot be compared.

STRONG HISTORICAL FOUNDATION

EFNEP has made a difference in the lives of American families and children since 1969. It began as a pilot project in Alabama as USDA sought solutions to concerns of poverty and hunger. President Lyndon B. Johnson authorized \$10 million for the EFNEP program in 1968, and in 1969 Congress authorized \$30 million under the Smith-Lever Act. Originally EFNEP was delivered by 1862 land-grant universities. In 2006 EFNEP expanded to include 1890 land-grant universities. Today, 76 institutions work with community partners nationwide.



MAINTAINING EXCELLENCE

Successful programs require constant attention. Changing demographics of nutrition-insecure families, an increasing number of Americans at or below the poverty line, and burgeoning educational technologies present new challenges and opportunities for nutrition education programs. Ongoing EFNEP initiatives are underway to:

- Receive periodic feedback to ensure program quality, integrity, and fidelity and meet the changing needs of participants.
- Confirm that adult and youth program indicators are scientifically valid and reliable.
- Strengthen science-based learning methods and enhance teaching techniques with appropriate new technologies, social media, and social-ecological approaches.

After applying what she learned in EFNEP, a mother is eating healthier and saving money. The money she is saving is going towards a different home in a safer, family friendly neighborhood where her daughter will be close to kids her own age.

- Utah State University

For more information, visit www.nifa.usda.gov/efnep or contact mallory.koenings@usda.gov or helen.chipman@usda.gov

NIFA invests in and advances agricultural research, education, and extension and seeks to make transformative discoveries that solve societal challenges.

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