



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



# 2022 IMPACTS

EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM (EFNEP)

IMPROVING NUTRITIONAL SECURITY THROUGH EDUCATION

# A MESSAGE FROM EFNEP

The Biden-Harris Administration hosted the [White House Conference on Hunger, Nutrition, and Health](#) on September 28, 2022. The Conference was the first of its kind in more than 50 years and catalyzed the public and private sectors around a corresponding National Strategy. Both the Conference and [National Strategy](#) were designed to accelerate progress and drive transformative change in the U.S. to end hunger, improve nutrition and physical activity, and close the disparities surrounding them using the following five-pillar approach:

1. Improve food access and affordability.
2. Integrate nutrition and health.
3. Empower all consumers to make and have access to healthy choices.
4. Support physical activity for all.
5. Enhance nutrition and food security research.

The Expanded Food and Nutrition Education Program (EFNEP), the nation's first federal nutrition education program for low-income populations, has a critical role in accelerating progress for all five pillars. Without question, accelerating equity in programming has long been a priority of EFNEP. Historically underserved populations with limited financial resources are often people of color and at increased risk for diet-related diseases. Consistently, more than half of EFNEP participants are people of color and/or Hispanic ethnicity – 70% of adults and 65% of youths/children in FY 2022.

EFNEP is also integral to the success of food and nutrition security efforts within the [US Department of Agriculture \(USDA\)](#) and [National Institute of Food and Agriculture \(NIFA\)](#) through which it is funded. Since 1969, when EFNEP began, it has reached more than 34 million low-income families and youths. EFNEP is conducted by the Cooperative Extension System through Land-grant Institutions in all U.S. states and territories and the District of Columbia. Using a peer-led education model to support program participants' efforts toward self-sufficiency and nutritional health and well-being, EFNEP remains at the forefront of nutrition education efforts to reduce nutrition insecurity of low-income families and youths today.

EFNEP contributes to nutrition security as program families and youths gained knowledge and skills for healthier food and physical activity choices, increased food resource management (shopping and food preparation), food safety, and improved food security practices to keep healthy in challenging times. Consistent with previous years, adult and youth participants in FY 2022 reported improved behaviors following program involvement. More than 90% of adult EFNEP participants reported improvement in what they ate.

National EFNEP priorities for FY 2022 included facilitating workforce development, increasing program reach and increasing appropriate use of technology in teaching. USDA NIFA leadership convened a six-session training series for all program coordinators nationwide. This timely series helped offset COVID-19 pandemic effects, such as program disruptions, staff burnout and changes in programmatic leadership. Program participation for both adults and youths increased, although not to pre-pandemic levels, and universities reported plans to increase their use of technology in program delivery, even as pandemic constraints were loosened.

This report reflects how EFNEP continues to make a difference in the lives of low-income families and youths, even and especially in times of adversity. To learn more about EFNEP, see [Expanded Food and Nutrition Education Program \(EFNEP\) | National Institute of Food and Agriculture \(NIFA.USDA.GOV\)](#).

For more information on USDA and NIFA's approach to Food and Nutrition Security, the White House Conference on Hunger, Nutrition and Health, National Strategy on Hunger, Nutrition and Health and what you can do, see the following sites:

- [Food and Nutrition Security | USDA](#) – USDA
- [Food and Nutrition Security \(usda.gov\)](#) – NIFA
- [Ending Hunger and Reducing Diet-Related Diseases and Disparities | health.gov](#) – White House Conference
- [White-House-National-Strategy-on-Hunger-Nutrition-and-Health-FINAL.pdf \(whitehouse.gov\)](#) – National Strategy
- [Join the Effort – Make a Commitment | health.gov](#) – What You Can Do

Signed,




**Helen Chipman**

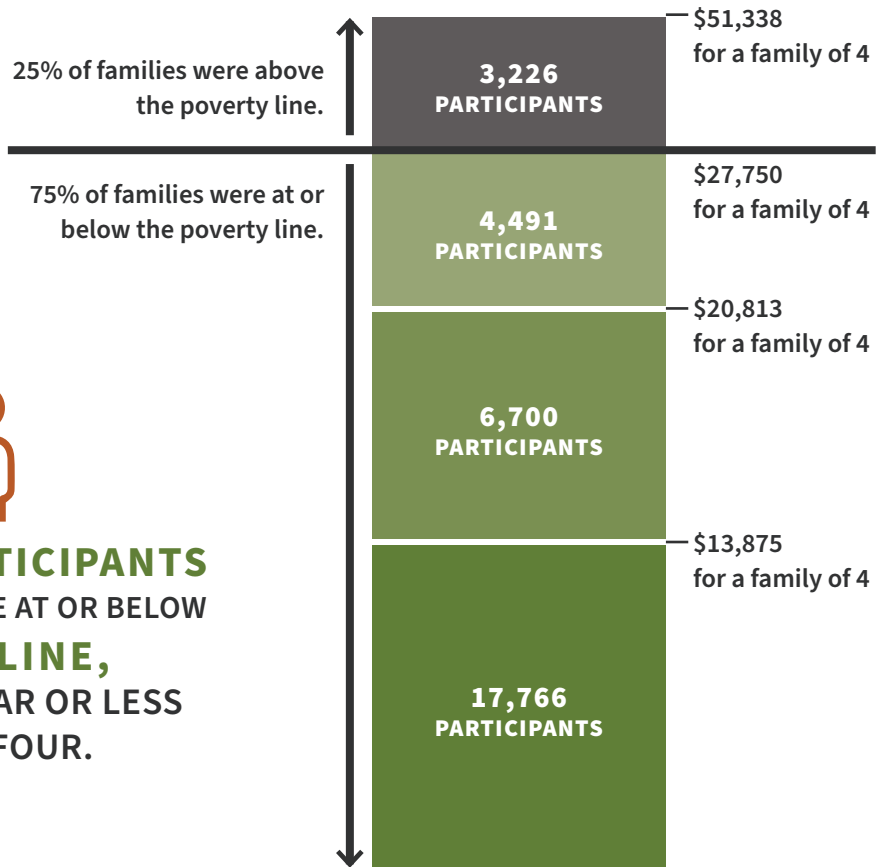
National Program Leader, Food and Nutrition Education

# IMPROVING LIVES

## >>>>> REACHING LOW-INCOME FAMILIES



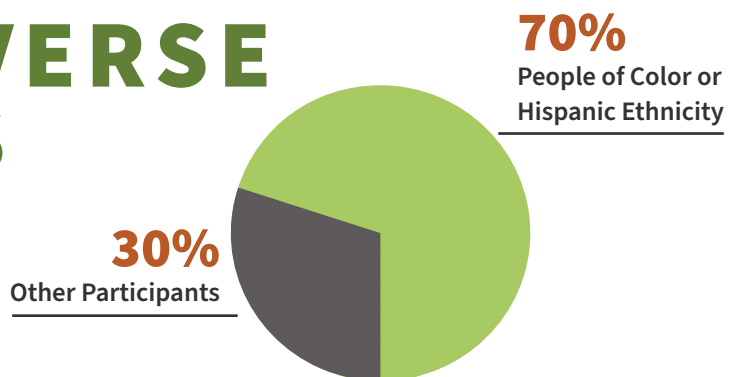
**75% OF EFNEP PARTICIPANTS WHO REPORTED INCOME ARE AT OR BELOW THE POVERTY LINE, EARNING \$27,750 A YEAR OR LESS FOR A FAMILY OF FOUR.**



In 2022, NIFA received \$69.4 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 1,285 educators who are members of the communities they serve. In turn, EFNEP educators worked directly with 45,421 adults and 187,663 youths. 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. Total participation increased slightly in 2022, as universities and communities continued to adapt to a changed environment resulting from the global pandemic of the two previous years.

# REACHING DIVERSE POPULATIONS

The majority of EFNEP adults are from historically underserved populations. An increasing trend is programming to refugee and immigrant populations.

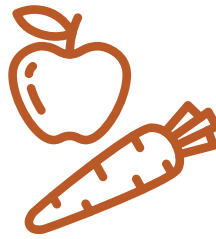


# SAVING MONEY

EFNEP graduates reported a collective food cost savings of

**\$558,446.34**

# IMPROVING DIETS

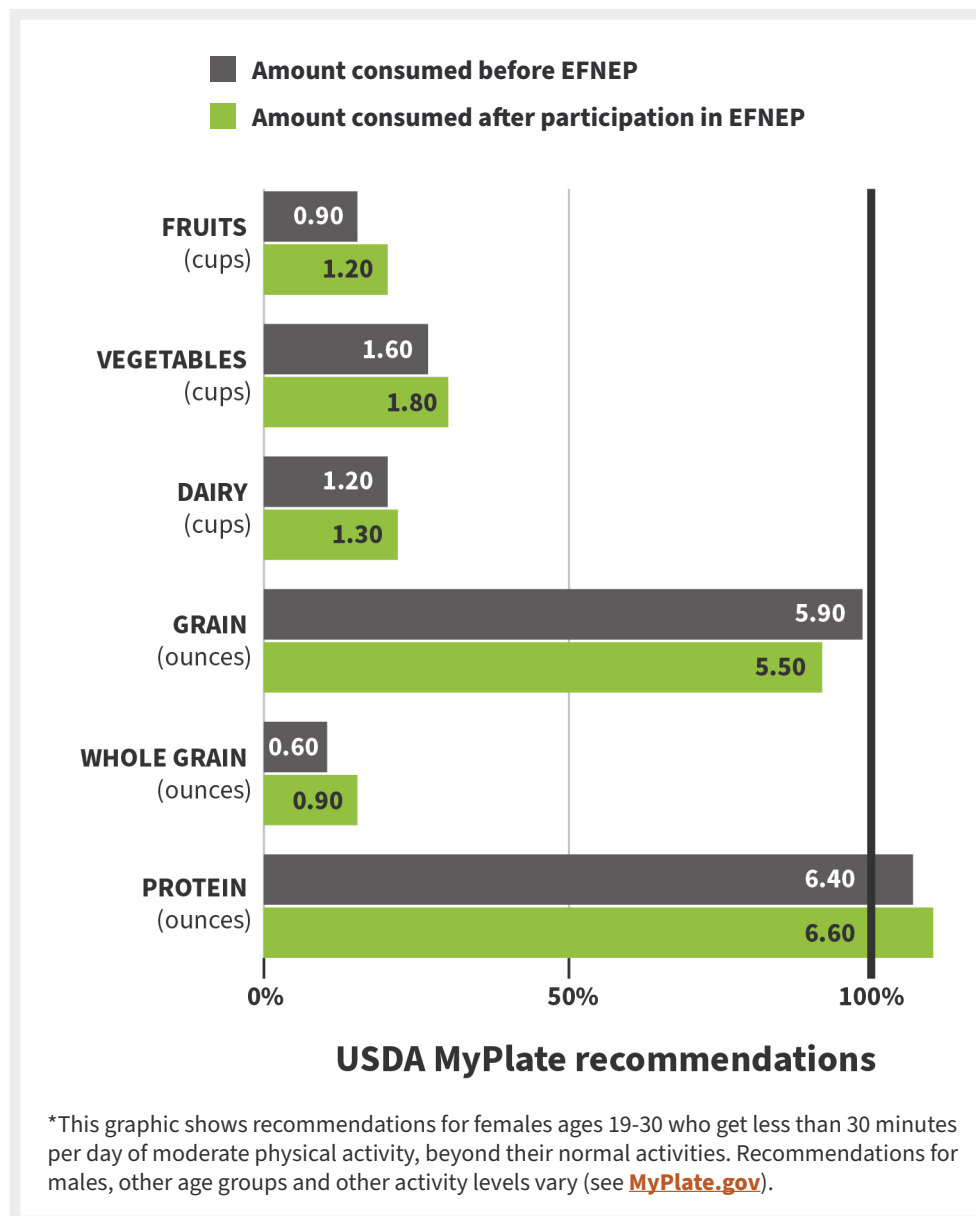


**94% OF ADULTS**

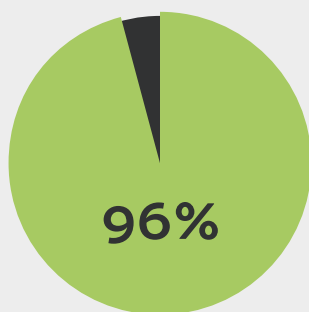
improved their diet, including consuming additional fruits and vegetables.

# DEMONSTRATING RESULTS

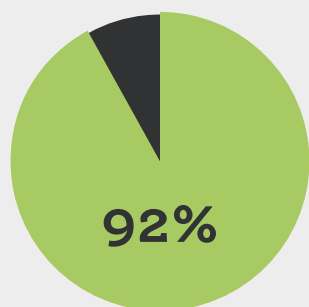
Data reported through diet recalls shows that EFNEP graduates eat more closely to MyPlate.gov recommendations. The data also shows there is still a need for nutrition education.



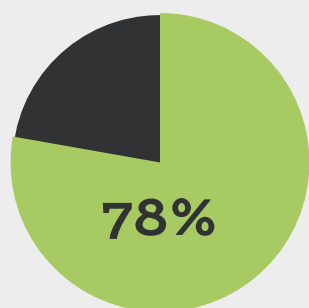
## CHANGING ADULT BEHAVIOR



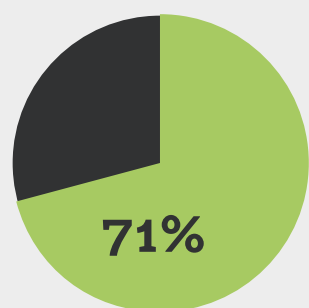
Percentage of adults improving diet quality practices



Percentage of adults improving food resource management practices

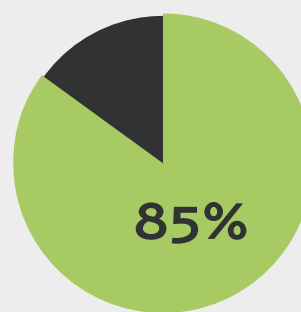


Percentage of adults improving food safety practices

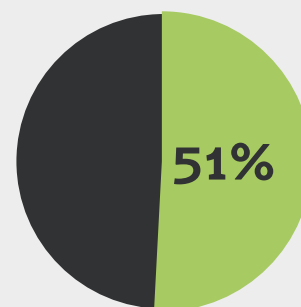


Percentage of adults improving physical activity practices

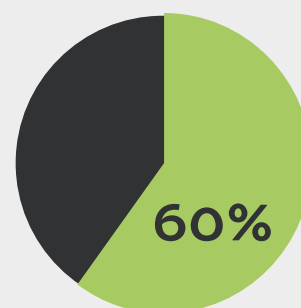
## INFLUENCING YOUTHS



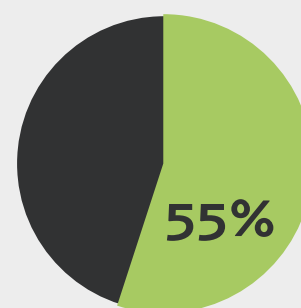
Percentage of youths increasing knowledge or ability to choose healthy foods



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



Percentage of youths improving food safety and preparation knowledge or practices



Percentage of youths improving physical activity knowledge or practices



# SHARED STORIES >>>>>>

San Juan, Puerto Rico, has a 40% poverty rate. One mother who was on food assistance, enrolled in EFNEP virtually to learn to basic food skills. She had no knowledge of food safety practices, reading nutrition labels or planning meals for her family. She participated in EFNEP through videoconferencing. She also received motivational text messages. Upon completing the program, she said, “I learned to read the nutritional labels and to make a shopping list before going to the supermarket to save on purchases. I learned how to prepare many delicious recipes for my family. I also do the physical activity routine that I learned and have lost 15 pounds.”

**UNIVERSITY OF PUERTO RICO**

A mother of two in Colorado struggled to incorporate vegetables into family meals. Her kids and husband didn't eat the vegetables she served. To save on food costs and minimize food waste, she stopped serving vegetables. Through EFNEP classes she learned to be creative. She included vegetables as part of dishes the family already enjoyed eating and was able to improve their diets.

**COLORADO STATE UNIVERSITY**

In collaboration with a high school that received Farm to School funding, Oregon EFNEP educators conducted a series of cooking classes. Students tried new foods and were excited to share the recipes with other classmates and family members. One student was surprised to find a dessert recipe that also included a vegetable: “I never thought of doing that, and I didn't think I liked squash at all.”

**OREGON STATE UNIVERSITY**

Pemiscot County, Missouri, has one of the highest rates of food insecurity in the state. The poverty rate for residents of Pemiscot County exceeds 28%. Individuals living in poverty have difficulty accessing, affording and therefore consuming healthier food options such as fruits, vegetables and whole grains. Lincoln University Cooperative Extension EFNEP partners with local community organizations to give low-income families the knowledge and skills needed to make behavior changes toward a healthy diet and an active lifestyle, while stretching their food dollars. Upon completion of EFNEP classes, graduates in Pemiscot County reported increased consumption of fruits, vegetables and whole grains and an average savings of \$52 per month on food costs.

**LINCOLN UNIVERSITY**

Sedgwick County EFNEP educators have seen improvements in attendance, engagement and graduation rates of participants under court order to complete nutrition classes when they initiated an online format. Participants openly shared how they were trying the healthy recipes associated with each lesson presented. One participant enthusiastically noted “the recipes have naturally helped steer me in the right direction to make better eating choices without pressure and I appreciate how EFNEP encourages healthy step-by-step lifestyle changes instead of hard dieting restrictions.”

**KANSAS STATE UNIVERSITY**

# SHARED STORIES >>>>>>

Although EFNEP is not a weight-loss program, some participants do lose weight when practicing fun and healthy behaviors taught in EFNEP. Before attending EFNEP classes, one Baltimore family of five struggled with being physically active. After participating in EFNEP, the family exercises regularly. They like going for walks following family mealtimes. The mother and father have shed nearly 10 pounds together from exercising regularly and eating healthier, more balanced meals. The mother stated, “I had no idea exercising could be so enjoyable! I adore it!”

**UNIVERSITY OF MARYLAND – COLLEGE PARK**

A group of high school students in West Virginia participated in a six-week EFNEP class where the students engaged in hands-on activities to help them understand cooking skills and terms, food safety and nutrition education along with physical activity. Several weeks after the last class ended, the EFNEP instructor ran into the mother of one student. She stated, “My son is a chef now, no more fast foods.” She shared how her son was cooking meals at home for them both – arriving home from school and having dinner cooked and ready to eat when she got home. He also discussed with her what foods to purchase when grocery shopping. She stated, “I would have never dreamed how a simple class could change my son so much and help my wallet all at the same time.” They are saving money, eating and making healthier foods choices, and strengthening their family relationship, all while improving their overall health and well-being.

**WEST VIRGINIA UNIVERSITY**

The effect of the pandemic on the economy and health continues to aggravate existing geographic and health inequities, especially in rural Mississippi. As the need for nutrition education continues to grow, Mississippi State University EFNEP provides young adults the opportunity to learn to improve diet quality, physical activity, food safety and food resource management skills, which can positively influence not only the health behavior of young adults enrolled in the program but also positively impact their future families.

**MISSISSIPPI STATE UNIVERSITY**

Rogers, Arkansas, has an increasingly diverse population. Language and cultural barriers often keep individuals from fully utilizing community resources. In an effort to more equitably reach community members, Benton County EFNEP partnered with the local library to offer classes. The overwhelming response led to a new partnership, and classes filled to capacity.

**UNIVERSITY OF ARKANSAS**

For more information, visit [NIFA.USDA.GOV/EFNEP](https://www.nifa.usda.gov/efnep) or contact [helen.chipman@usda.gov](mailto:helen.chipman@usda.gov) or [carinthia.cherry@usda.gov](mailto:carinthia.cherry@usda.gov).