Since 1969, EFNEP has improved the diets and food-related behaviors of program participants. Each year EFNEP enrolls more than half a million new program participants. In 2010, EFNEP reached 137,814 adults and 463,530 youth directly and nearly 400,000 family members indirectly.

DEFINING THE PROBLEM
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

INVESTING IN THE SOLUTION
EFNEP brings together federal, state, and local resources to target two primary audiences: low-income families with young children and low-income youth. The program operates in over 800 counties throughout the 50 states, 6 U.S. territories, and the District of Columbia. Each year, more than 500,000 new participants complete the program.

REACHING LOW-INCOME FAMILIES
87% of EFNEP participants who reported income are at or below 100% of poverty, earning $22,050 a year or less for a family of four.

REACHING DIVERSE POPULATIONS
At least 70% of all EFNEP adults are minorities.
EFNEP educators follow a research-based learning model that allows them to effectively reach and educate program participants. Educators are

• members of the communities they support;
• trained/supervised by university and county-based faculty;
• skilled in using hands-on, interactive teaching methods;
• committed to delivering sound instruction;
• able to influence changes in behavior and impact the lives of those they teach; and
• dedicated to reaching diverse, low-income populations.

**DEMONSTRATING RESULTS**

**IMPROVEMENT IN FOOD GROUPS**

Data reported through diet recalls show that EFNEP graduates eat more closely to MyPyramid recommendations. It also shows there is still a huge need for nutrition education.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Amount Consumed Before EFNEP</th>
<th>Amount Consumed After EFNEP</th>
<th>Amount Needed to Meet MyPyramid Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1.4</td>
<td>5.7</td>
<td>6.0</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1.7</td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>0.9</td>
<td>1.4</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1.2</td>
<td>1.6</td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td>4.8</td>
<td>5.0</td>
<td></td>
</tr>
</tbody>
</table>

* This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPyramid.gov).

**WHY IT WORKS**

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EFNEP Participant, Nevada
(translated from Spanish)