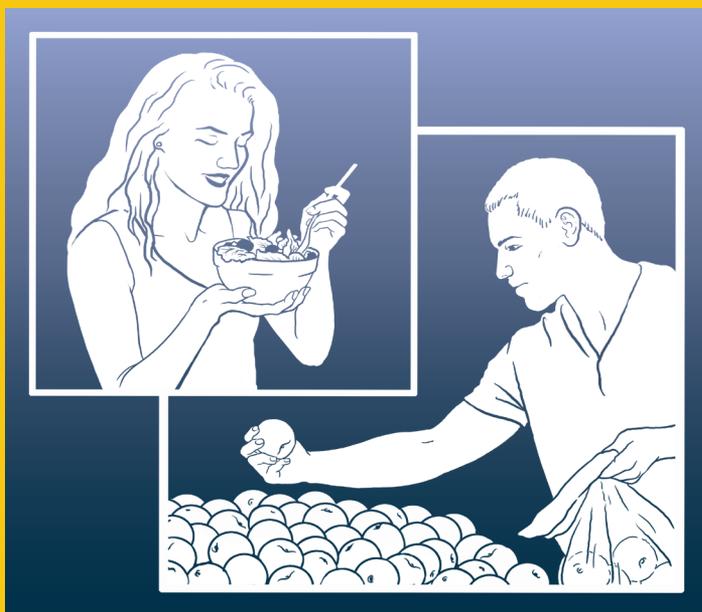


# 2017 IMPACTS:

## THE 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](http://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 33 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:**

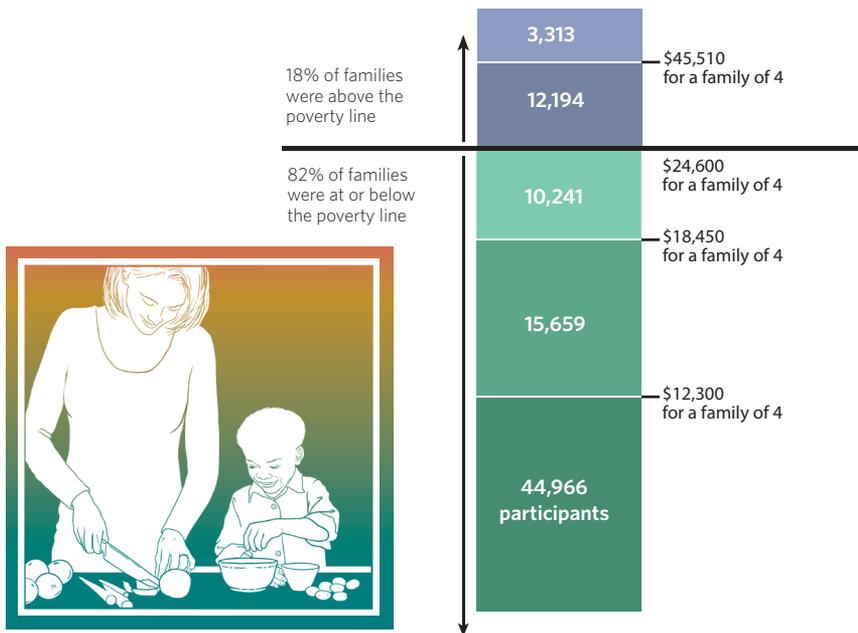
<https://nifa.usda.gov/efnep-research-and-cost-benefit-studies>

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

# IMPROVING LIVES

## REACHING LOW-INCOME FAMILIES

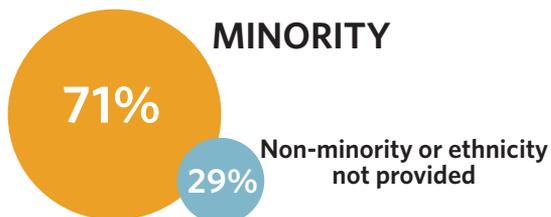
82% of EFNEP participants who reported income are at or below the poverty line, earning \$24,600 a year or less for a family of four.



In 2017, NIFA received \$67.9 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 1,938 educators who are members of the communities they serve. In turn, EFNEP educators worked directly with 108,216 adults and 366,327 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

A previous EFNEP participant learned so much from the EFNEP classes that she wanted to share this wonderful program. She now works at a low-income housing complex of 152 units and has scheduled EFNEP classes for residents. She hopes they get as much from the classes as she did.

**- New Mexico State University**

The foods most often requested in Iowa food pantries that are not typically available are fresh fruits and vegetables. The Growing Together team, a collaboration of EFNEP, SNAP-Ed, and Iowa Master Gardener, increased access to fruits and vegetables in 47 pantries and/or meal site locations. To date, the Growing Together project has grown or rescued over 73,000 pounds of fruits and vegetables for donation to food pantries. As a result, more than 219,000 servings of fruits and vegetables were available to Iowa's food pantry clients.

**- Iowa State University**

A technical college student recently became a proud EFNEP graduate. She included her EFNEP experience on her resume and she shared her EFNEP certificate with a potential employer during an interview. She was offered the job as a childcare provider at a daycare center. The director of the daycare center was so impressed with the participant's EFNEP experience that she created an organizational policy requiring all staff members to attend and complete the University of Georgia EFNEP Food Talk program.

**- University of Georgia**

A single parent father of two children, a boy and a girl ages 6 and 10, lived on the eastern side of the island. He was unemployed temporarily after the canning plant closed. As a result of EFNEP, the family spends more quality time together by planting vegetables and planning and cooking meals, strengthening the relationship between father and children. Farming, fishing, and working off the land are among the many ways to sustain food security on Pacific Islands and territories.

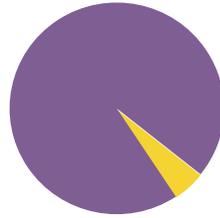
**- American Samoa Community College**

# SAVING MONEY

EFNEP graduates reported a collective **food cost savings** of:

**\$1,430,859**

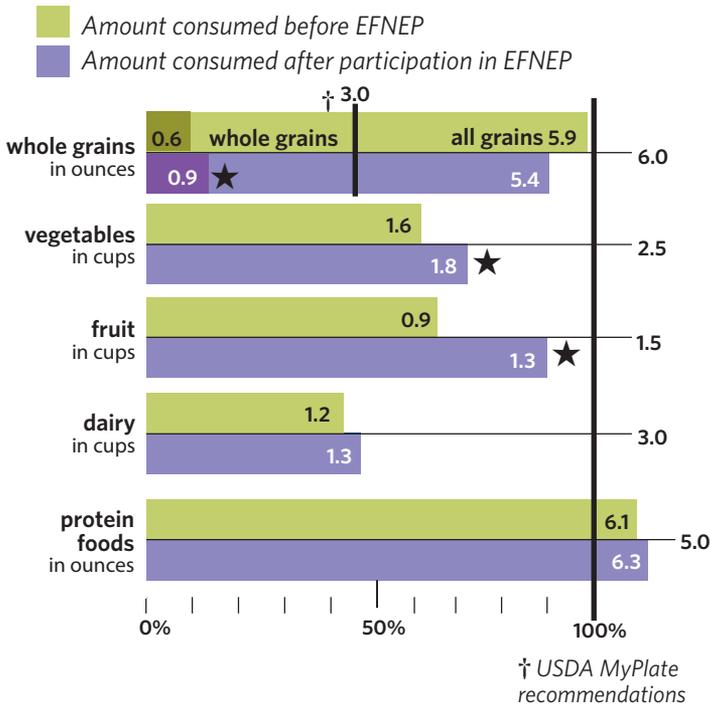
# IMPROVING DIETS



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.



† This graphic shows 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 with five children, lived in a shelter and struggled to keep food on the table. After applying the tools she learned in EFNEP, she had enough food to last her family for a month and save \$140.

**- Penn State University**

In Tok, Alaska, the school has its own greenhouse where it grows produce for EFNEP youth lessons. EFNEP worked with the school lunch program and the school wellness committee to ensure the school lunch program serves fresh salads twice a week, which are completely grown in the school green house. This arrangement increases the pride that the children have in the greenhouse and the produce it provides.

**- University of Alaska - Fairbanks**

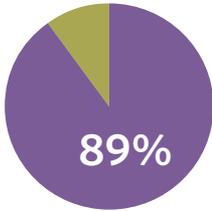
Although EFNEP is not a clinical nutrition education program, its lessons can reinforce the application of what people may learn from health professionals. A woman participating in EFNEP was pre-diabetic and afraid of becoming diabetic. After six weeks of practicing healthy behaviors she learned through EFNEP, her blood sugar returned to normal levels. Now she participates in a walking group and practices MyPlate concepts when preparing meals. She also credits EFNEP with gaining the confidence to apply for and attain a part-time job.

**- North Carolina State University**

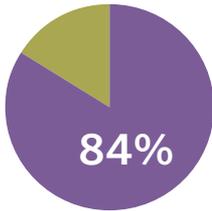
In a rural community where resources are limited and opportunities few, children participated in an EFNEP afterschool program. They increased their fruit and vegetable intake, began eating breakfast daily, and increased their physical activity. One mother expressed her appreciation: "As a single mother, you are always concerned about how to provide opportunities to your children and it is a cause of worry. This was a great experience!"

**- South Carolina State University**

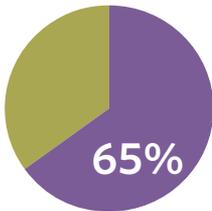
## CHANGING ADULT BEHAVIOR



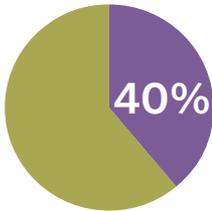
Percentage of adults improving nutrition practices



Percentage of adults bettering food resource management practices

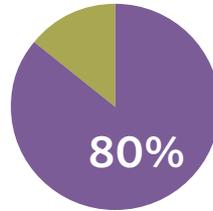


Percentage of adults improving food safety practices

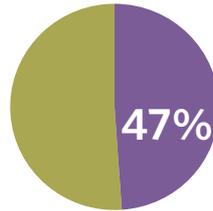


Percentage of adults increasing their physical activity levels by 30 minutes or more

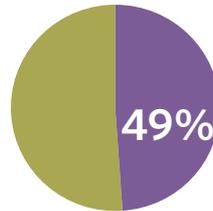
## INFLUENCING YOUTH



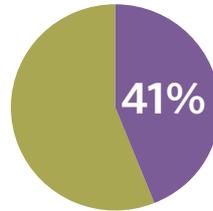
Percentage of 209,622 youth increasing knowledge or ability to choose healthy foods



Percentage of 28,273 youth increasing knowledge or ability to prepare low-cost, nutritious foods



Percentage of 208,300 youth improving food safety and preparation knowledge or practices



Percentage of 208,824 youth improving physical activity knowledge or practices

# 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 the states, territories, and the District of Columbia.
- Confirm that behavior-change indicators are scientifically valid and reliable.
- Strengthen science-based adult and youth learning methods and enhance teaching techniques with appropriate new technologies and social media.

A grandmother raising two of her grandchildren was struggling to provide their meals on a limited income. Now, after using the strategies she learned in EFNEP, she saves money, adds vegetables to every meal, and provides healthy meals for her family.

**- Ohio State University**

For more information, visit [www.nifa.usda.gov/efnep](http://www.nifa.usda.gov/efnep) or contact [mallory.koenings@nifa.usda.gov](mailto:mallory.koenings@nifa.usda.gov) or [hchipman@nifa.usda.gov](mailto:hchipman@nifa.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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