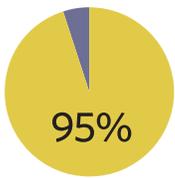




2013 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has reached more than 31 million low-income families and youth, improving their diets and food-related behaviors. Each year EFNEP enrolls more than half a million new program participants. In 2013, EFNEP reached 121,025 adults and 418,961 youth directly and nearly 360,000 family members indirectly.



Percentage of adults improving diet, including consuming an additional 1.2 cup of fruits and vegetables

DEFINING THE PROBLEM

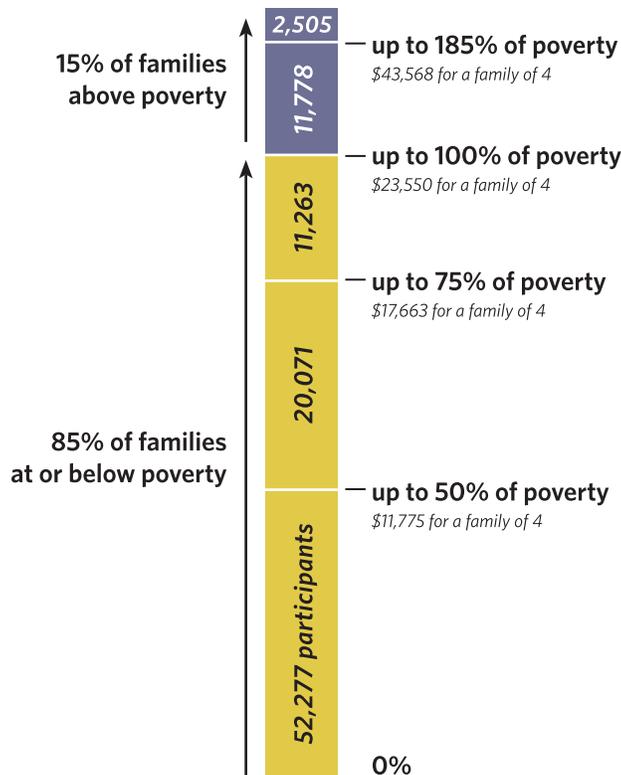
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

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 more than 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.

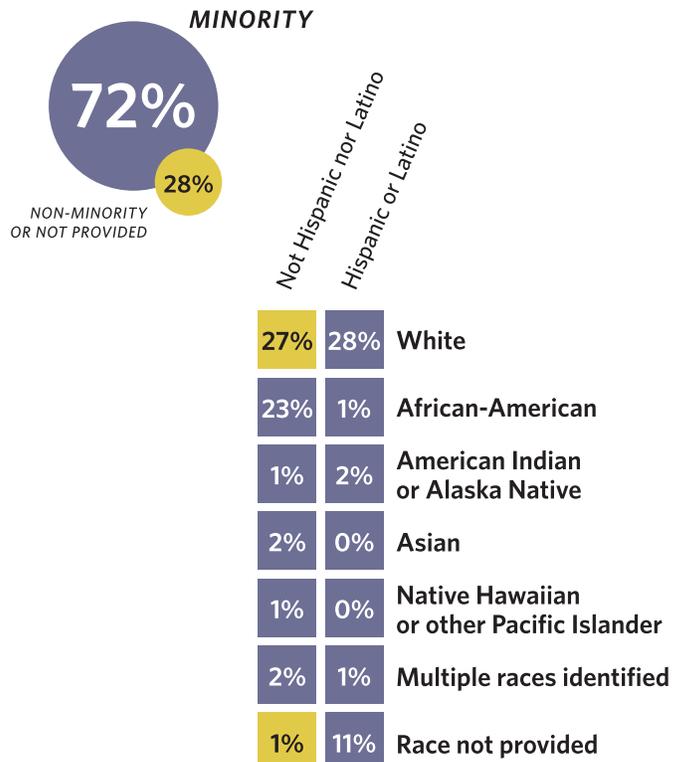
REACHING LOW-INCOME FAMILIES

85% of EFNEP participants who reported income are at or below 100% of poverty, earning \$23,550 a year or less for a family of four.



REACHING DIVERSE POPULATIONS

At least 72% of all EFNEP adults are minorities.



A Hispanic family was referred to EFNEP by a community health nurse because the 11 year-old son was overweight and had really high cholesterol. The mother commented (translated): "Thanks to the classes, I made many changes in my house for the whole family, not just for my son because of his dangerously high cholesterol. I am now: using oil with less saturated fat; using less oil in cooking; no longer frying anything. We used to drink whole milk, and now we are drinking skim; also we now eat a variety of vegetables and fruits and do not buy sodas. My husband, my children and I eat healthier now and drink more water and less sugary drinks."
— Oregon State University

An EFNEP professional encountering financial stress applied EFNEP skills to her situation, and became a better teacher and leader through the experience. "My husband was laid off soon after we purchased a new home, and I suddenly had to work incredibly hard to make ends meet, all while pregnant. Using my EFNEP knowledge, I managed to feed my family of 3 on less than an average family's SNAP benefits. We've been able to budget \$50-60/week for food by menu planning, making grocery lists, preparing food from scratch, and stretching meals to last several days. Eating well on a tight budget CAN be done, it's not easy, but it is possible." — University of Rhode Island

In an EFNEP class, a group of pregnant teens learned strategies to make healthy food choices and to prepare more meals at home. One participant ate out 2-3 times a day prior to comparing the costs of fast food to cooking at home. After the lessons she began grocery shopping from a list, cooking at home, preparing extra servings, and bringing food with her to work, instead of eating out. She now spends less money on food, eats more fruits and vegetables, and eats more meals at home with her child. — North Carolina A&T University

CHANGING ADULT BEHAVIOR

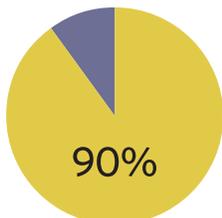
INFLUENCING YOUTH*

DEMONSTRATING RESULTS

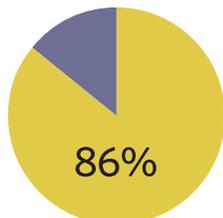
IMPROVEMENT IN FOOD GROUPS

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

DIET/NUTRITION

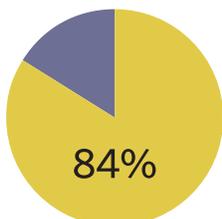


Percentage of adults improving **nutrition** practices

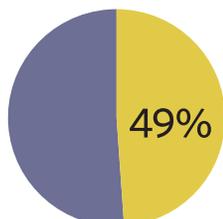


Percentage of 98,363 youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

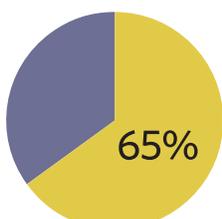


Percentage of adults bettering **food resource management** practices

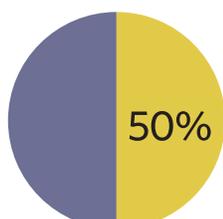


Percentage of 13,706 youth increasing knowledge or ability to prepare **low-cost, nutritious foods**

FOOD SAFETY

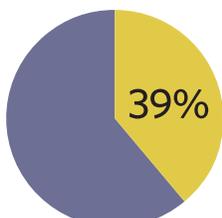


Percentage of adults improving **food safety** practices

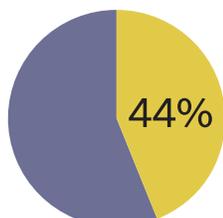


Percentage of 96,518 youth improving **food safety & preparation** knowledge or practices

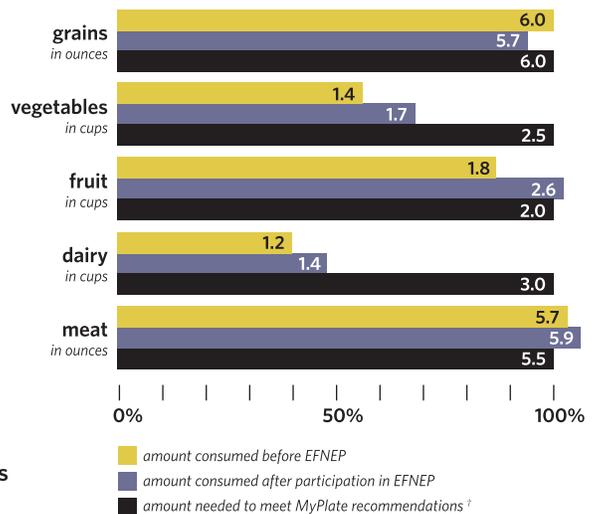
PHYSICAL ACTIVITY



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



Percentage of 97,137 youth improving **physical activity** knowledge or practices



† 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 MyPlate.gov).

WHY IT WORKS

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.