



United States Department of Agriculture

National Institute of Food and Agriculture

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NIFA

2014 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has reached more than 32 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 2014, EFNEP reached 121,850 adults and 392,563 youth directly and nearly 360,000 family members indirectly.

DEFINING THE PROBLEM

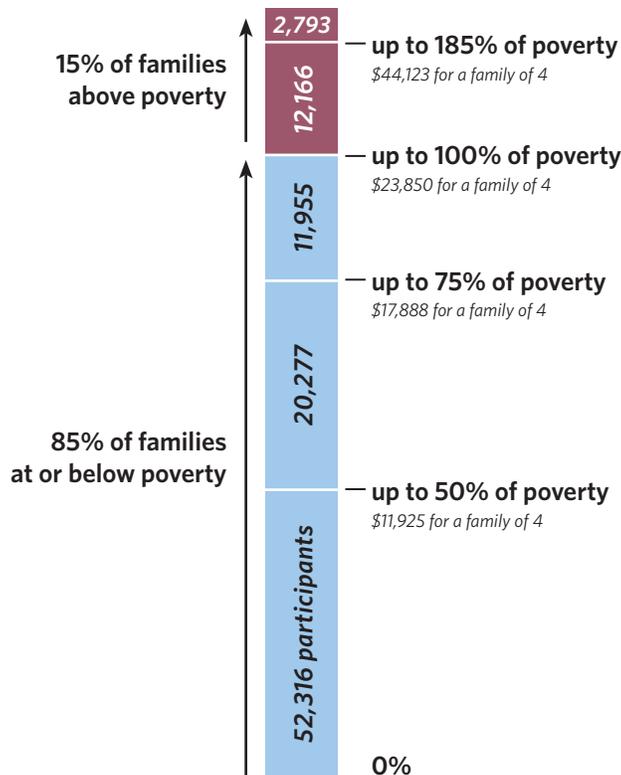
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

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 more than 800 counties throughout the 50 states, six U.S. territories, and the District of Columbia. Each year, more than 500,000 new participants complete the program.

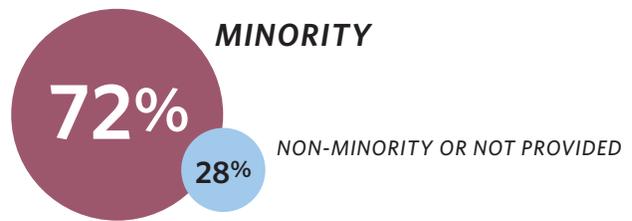
REACHING LOW-INCOME FAMILIES

85% of EFNEP participants **who reported income** are at or below 100% of poverty, earning \$23,850 a year or less for a family of four.



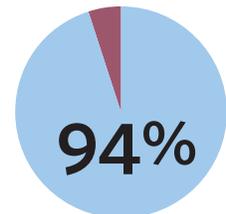
REACHING DIVERSE POPULATIONS

At least 72% of all EFNEP adults are minorities.



IMPROVING DIETS

94% of adults improved their diet, including consuming an additional 1/2 cup of fruits and vegetables.



SAVING MONEY

EFNEP graduates reported a collective food cost savings of:

\$1,030,712.19

"Before coming to this class, I used to eat five hamburgers a day. I also added lots of salt to my cooking. I thought since I was cooking it myself, I was doing good. I believed that since I wasn't overweight, I was healthy. The EFNEP program educated me on some very simple principles about nutrition and healthy living that has made me want to change my lifestyle."
—University of Maryland, Eastern Shore

A paraprofessional ran into a former youth participant she taught two years earlier, when he was in first grade. His mother told her, "He enjoyed his nutrition class so much that he changed the ways he eats. He will not eat his pancakes with syrup, only with fruit on top, and he loves to make fruit smoothies. He stopped eating so much sweets; now he always wants different fruits. And, he has been a good example to his siblings." This shows that EFNEP can have a long-term positive impact on young children and that its impact has the power to extend to other family members.
—New Mexico State University

At the EFNEP graduation, an adult client began crying when her name was called to receive her certificate. She gave the program assistant a huge hug and exclaimed how happy she was. "This is the first good thing I have done in my life since I had my little boy. I cannot wait to tell him what I have accomplished." The client had been through a lot in life and completing EFNEP taught her to take better care of her son and herself. The positive attitude and support of the program assistant made her feel like she mattered and that she could continue to change her life for the better.
—University of Georgia

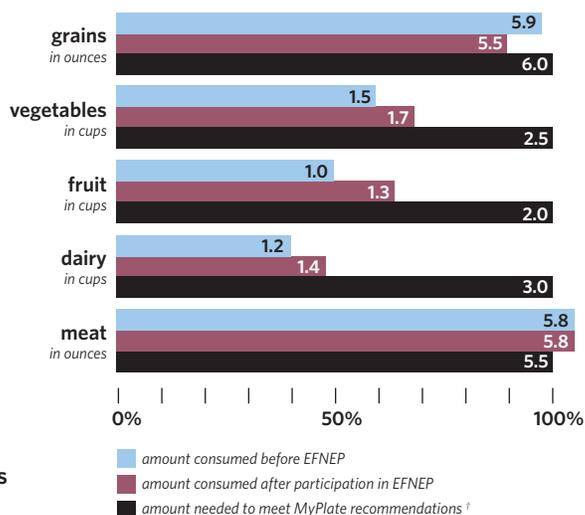
CHANGING ADULT BEHAVIOR

INFLUENCING YOUTH

DEMONSTRATING RESULTS

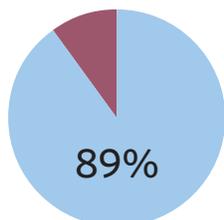
IMPROVEMENT IN FOOD GROUPS

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.

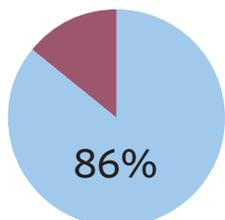


† This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

DIET/NUTRITION

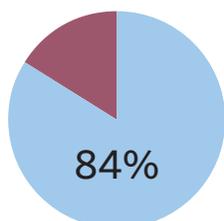


Percentage of adults improving **nutrition** practices

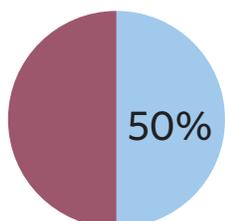


Percentage of 164,353 youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

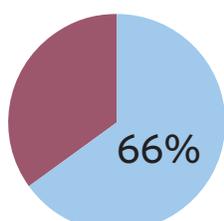


Percentage of adults bettering **food resource management** practices

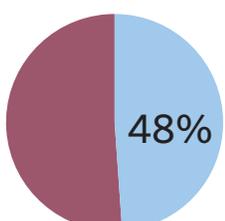


Percentage of 19,041 youth increasing knowledge or ability to prepare **low-cost, nutritious foods**

FOOD SAFETY

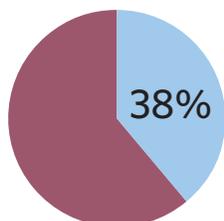


Percentage of adults improving **food safety** practices

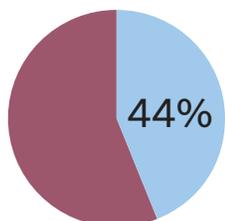


Percentage of 162,489 youth improving **food safety & preparation** knowledge or practices

PHYSICAL ACTIVITY



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



Percentage of 163,266 youth improving **physical activity** knowledge or practices

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.