



Cooperative State Research, Education, and Extension Service

# EFNEP YOUTH

The Expanded Food and Nutrition Education Program (EFNEP) is a unique program that currently operates in 781 counties throughout the 50 states and in the territories of American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands. It is designed to assist low-income audiences in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

EFNEP targets two primary audiences: low-income youth and low-income families with young children. 450,655 youth received EFNEP lessons in FY99.

## Who Are EFNEP Youth?

- Many EFNEP youth are from families enrolled in the adult program.
- Many EFNEP youth are responsible for preparing their own meals and snacks at home without adult supervision.
- 53% of EFNEP youth are from rural areas. Figures 1 and 2 identify additional characteristics of the youth.

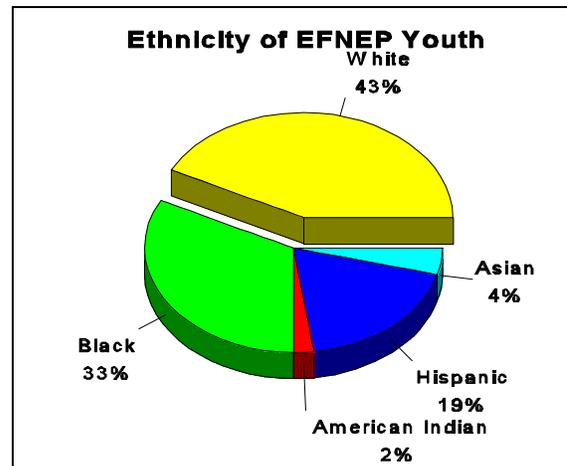


Figure 1

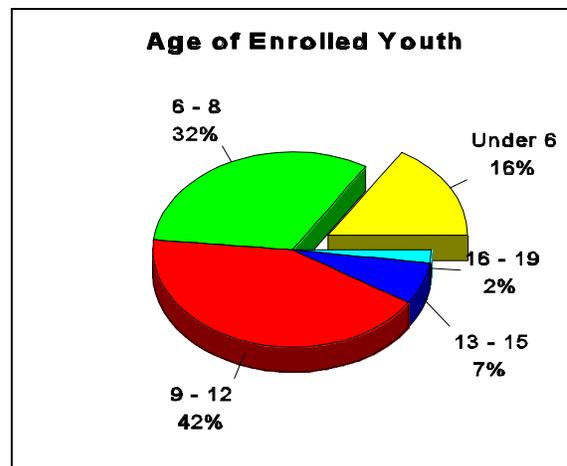


Figure 2

## How Is EFNEP Delivered?

The delivery of EFNEP youth programs takes on various forms. EFNEP provides education at schools as an enrichment of the curriculum, in after-school care programs, through 4-H EFNEP clubs, day camps, residential camps, community centers, neighborhood groups, and home gardening workshops. See Figure 3. In addition to lessons on nutrition, food preparation and food safety, youth topics may also include fitness, avoidance of substance abuse, and other health related topics. In FY99, there were a total of 16,743 EFNEP youth groups, 106,492 youth group meetings, and 219,140 contact hours with the youth were made by volunteers.

## How Are Accomplishments Measured?

Data from the EFNEP Evaluation/Reporting System is used to measure food practice improvement and dietary improvements. Four key impact indicators were measured at entry into EFNEP and upon graduation. These behavior changes translate into significant improvements in daily living skills. As a result of participating in EFNEP:

- 68% of 143,688 youth from 6,096 groups now eat a variety of foods;
- 69% of 152,487 youth from 6,508 groups increased knowledge of the essentials of human nutrition;
- 60% of 119,257 youth from 4,994 groups increased their ability to select low-cost, nutritious foods; and
- 68% of 121,311 youth from 5,320 groups improved practices in food preparation and safety.

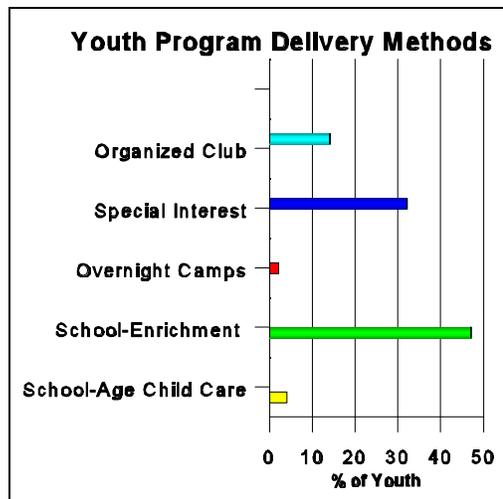


Figure 3

EFNEP has also been successful in collaborating with other agencies/organizations to increase its impact on youth. Throughout the country EFNEP has collaborated with school systems, day care centers, boys and girls clubs and other youth-oriented organizations to make a difference in the lives of youth. As a result, youth develop self-esteem, learn new food-related skills, and learn to work cooperatively in groups.

*To learn more about EFNEP click on [www.reeusda.gov/4h/efnep/home.htm](http://www.reeusda.gov/4h/efnep/home.htm), or contact the federal office at 202-720-6079.*

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