



EFNEP - The Expanded Food and Nutrition Education Program

Since 1969, EFNEP has improved the diets and food related behaviors of program participants. Each year EFNEP enrolls more than 1/2 million new program participants. In 2008, EFNEP reached 141,181 adults and 449,092 youth directly and more than 350,000 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 and 6 territories. Each year more than 500,000 new participants complete the program.

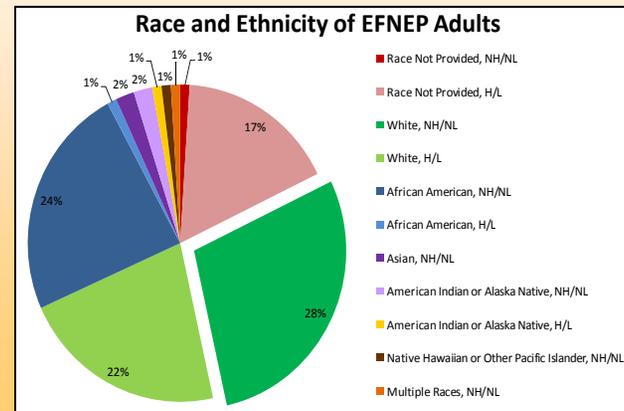
USING EFFECTIVE METHODS TO REACH THOSE IN NEED

EFNEP educators follow a research-based learning model which 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 behavior change/impact the lives of those they teach, and
- **Dedicated to reaching diverse, low-income populations.**



- **85% of EFNEP families are at or below 100% of Poverty,** earning \$21,000 a year or less for a family of four
- **70% of EFNEP adults are minorities**



* NH/NL = Not Hispanic/Not Latino; H/L = Hispanic/Latino

For more information: visit <https://nifa.usda.gov/program/expanded-food-and-nutrition-education-program-efnep>



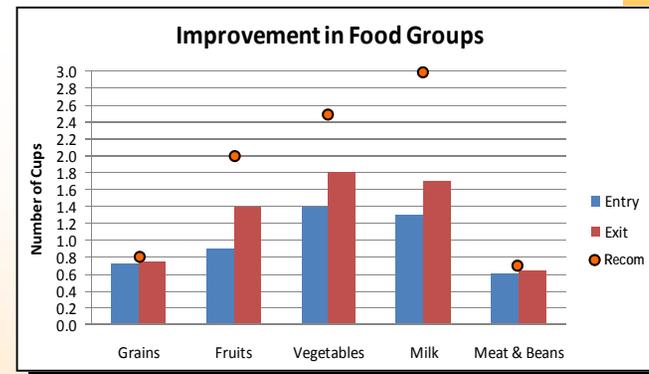
EFNEP - 2008 Impact Data

CHANGING ADULT BEHAVIOR

- **95%** of adults reported improvements in their diets, including consuming the equivalent of **one additional cup of fruits and vegetables**
- **88%** of adults improved their Nutrition Practices
- **84%** of adults bettered their Food Resource Management Practices
- **65%** of adults improved their Food Safety Practices

INFLUENCING YOUTH

- **72%** of 86,120 youth now eat a variety of foods
- **68%** of 108,115 youth increased knowledge of human nutrition essentials
- **63%** of 94,405 youth improved practices in food preparation and food safety
- **59%** of 87,645 youth increased ability to select low-cost, nutritious foods



* This graphic shows the difference between data reported through diet recalls for 87,955 adult EFNEP graduates and recommendations for females age 19-30 who are moderately active less than 30 minutes per day. Recommendations for males, other age groups and other activity levels vary (see www.MyPyramid.gov).

MAKING A DIFFERENCE: WHAT PEOPLE ARE SAYING ABOUT EFNEP

"You assume that people know how to eat and that people will just cook to meet those needs and unfortunately nutrition is something that does have to be taught ... For a community to be able to have a program like this it's certainly more valuable than I think anyone really understands."

EFNEP Participant, Pennsylvania

EFNEP is "a tool that families and individuals can use to better their lives ... because when people ... learn together and cook together it sets off the first spark that's needed for education to spread.

EFNEP is the spark that's needed in people's lives and in communities."

EFNEP Paraprofessional, New Mexico

"If we teach people how to better shop for food and what to do with food ... it helps decrease the number of people that go back to food pantries for assistance. It helps break that cycle of dependency ... It's an answer to help people in these economically troubling times."

EFNEP Partner, St. Martin Center, Pennsylvania