



2011 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has improved the diets and food-related behaviors of program participants. Each year EFNEP enrolls more than half a million new program participants. In 2011, EFNEP reached 134,446 adults and 506,156 youth directly and nearly 400,000 family members indirectly.

DEFINING THE PROBLEM

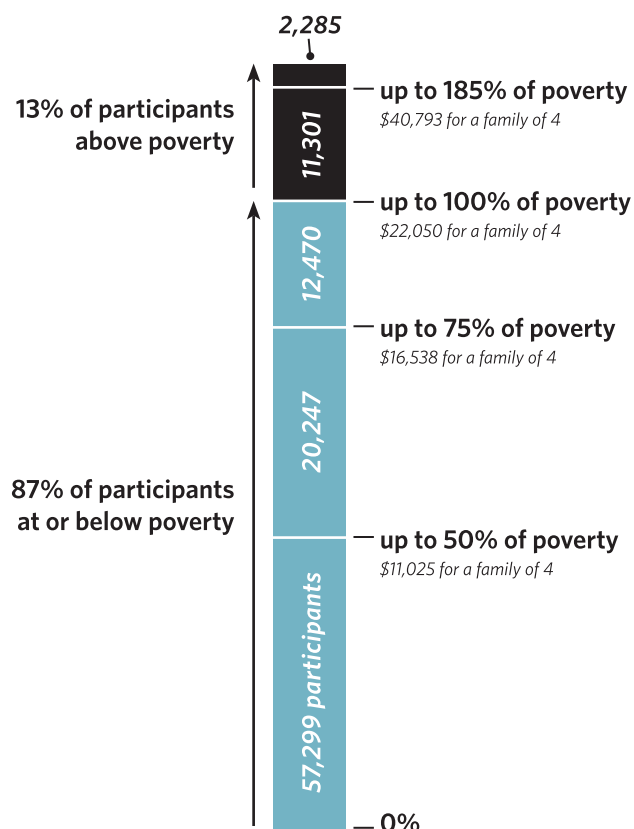
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

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, 6 U.S. territories, and the District of Columbia. Each year, more than 500,000 new participants complete the program.

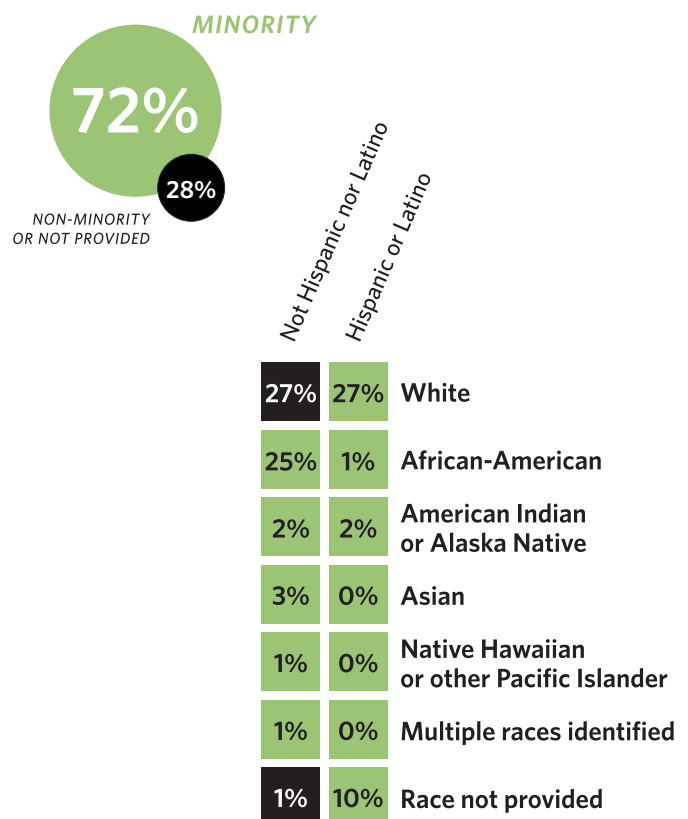
REACHING LOW-INCOME FAMILIES

87% of EFNEP participants **who reported income** are at or below 100% of poverty, earning \$22,050 a year or less for a family of four.



REACHING DIVERSE POPULATIONS

At least 72% of all EFNEP adults are minorities.



An EFNEP paraprofessional was working with a couple with four kids and one on the way. One evening, they brought one of their children to class. The child helped answer questions, create food samples, and asked if he could come to every class to learn more about nutrition, and if they could use some of what they learned in class at home, such as portion control. The parents agreed, which seemed to set off a light bulb in this child's head. He asked "is this class the reason... we now order apple slices... not French Fries?" His parents looked at him and said, "we thought you liked apple slices." He said, "I do. I was just wondering." — South Dakota EFNEP

EFNEP taught nutrition and physical activity classes to youth at a summer camp. The youth learned the importance of getting 60 minutes of physical activity each day, and as a result of participation, worked together to make a walking path around the camp. They charted the miles walked each week, called themselves the "Wonderful Walkers," and logged over 100 miles in 4 weeks. 100 percent of the participants agreed that they would continue walking. — North Carolina EFNEP

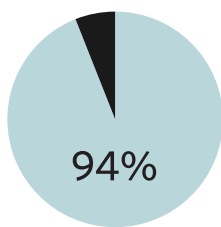
An EFNEP graduate from a recovery center in the Central Valley reported that before attending nutrition class he did not eat breakfast or fruit. His EFNEP nutrition educator taught him to be his "child's role model." Later, he presented his EFNEP certificate to a judge to show he was taking an active part in bringing his son up healthy. He reported that "my certificate of completion helped me bring my 2-year-old son home to me." — California EFNEP

CHANGING ADULT BEHAVIOR

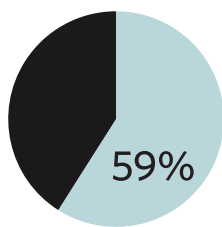
INFLUENCING YOUTH

DEMONSTRATING RESULTS

DIET QUALITY

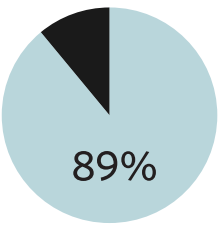


Percentage of adults improving **diet**, including consuming an **extra cup of fruits and vegetables**

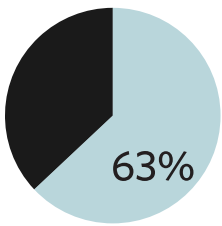


Percentage of 130,771 youth now eating a **variety of foods**

NUTRITION

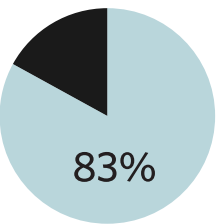


Percentage of adults improving **nutrition** practices

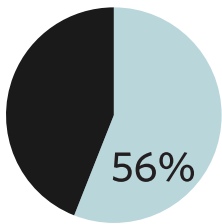


Percentage of 163,014 youth increasing **essential human nutrition** knowledge

FOOD SAVINGS

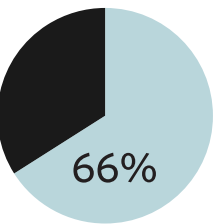


Percentage of adults bettering **food resource management** practices

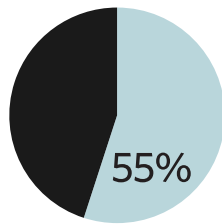


Percentage of 133,999 youth increasing ability to select **low-cost, nutritious foods**

FOOD SAFETY



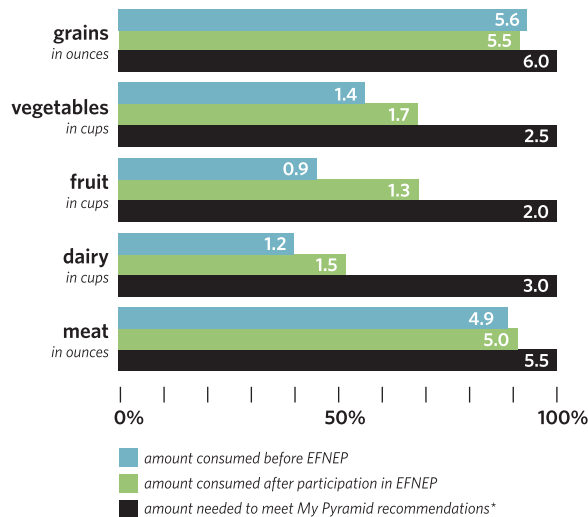
Percentage of adults improving **food safety** practices



Percentage of 126,427 youth improving **food safety** and **preparation** practices

IMPROVEMENT IN FOOD GROUPS

Data reported through diet recalls show that EFNEP graduates eat more closely to MyPyramid recommendations. It also shows there is still a huge 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 MyPyramid.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.