

FY2013: National EFNEP Data

The Expanded Food and Nutrition Education Program (EFNEP)

SYSTEM DATA

Funding Amount: \$62,681,696

Reporting Period: 10/01/2012 – 09/30/2013

Number of Units: 891

ADULT DATA

Total Adults: 121,025

Total Other Family Members: 359,120

Mean # of Months (Graduates): 2.6

Mean # Lessons (Graduates): 8.0

Mean # Sessions (Graduates): 7.2

Mean # Hours (Graduates): 10.3

Program Status	# Adults	% Adults
Active	20,073	17%
Graduated	80,798	67%
Terminated	20,154	17%
Gender/Maternal	#	%
Male	14,868	12%
Female	106,157	88%
Pregnant	10,085	8%
Nursing	4,177	3%
Not Pregnant, Not Nursing, No Children	14,547	12%
Residence	#	%
Farm	2,079	2%
Towns under 10,000 & rural non-farms	17,934	15%
Towns & cities 10,000 to 50,000 & their suburbs	26,947	22%
Suburbs of cities over 50,000	8,315	7%
Central cities over 50,000	65,750	54%
Poverty	#	%
< or = 50% of poverty	52,277	43%
51 – 75% of poverty	20,071	17%
76 – 100% of poverty	11,263	9%
101 – 185% of poverty	11,778	10%
185% or more	2,505	2%
Income not provided	23,131	19%

ADULT DATA (contd.)

Instruction Type	#	%
Group Lessons	107,049	88%
Individual Lessons	9,827	8%
Group & Individual Lessons	3,944	3%
Other	205	0%

Race and Ethnicity	Not Hispanic/ Not Latino		Hispanic or Latino		Ethnicity Not Provided		Totals	
	#	%	#	%	#	%	#	%
White	31,277	26%	31,883	26%	1,303	1%	64,463	53%
African American	27,199	22%	997	1%	2,006	2%	30,202	25%
American Indian or Alaska Native	1,666	1%	2,639	2%	121	0%	4,426	4%
Asian	2,883	2%	106	0%	448	0%	3,437	3%
Native Hawaiian or Other Pacific Islander	1,351	1%	264	0%	597	0%	2,212	2%
Multiple Races Identified	2,081	2%	709	1%	108	0%	2,898	2%
Race Not Provided	653	1%	12,184	10%	550	0%	13,387	11%
TOTAL	67,110	55%	48,782	40%	5,133	4%	121,025	100%

Note: Percentages are rounded values so the sum of the individual percentages may not add up exactly to the totals.

Public Assistance Program	Entry		Exit*	
	#	%	#	%
Total enrolled in one or more Food Assistance Program	37,260	65%	24,661	12%
Women, Infants and Children (WIC)	34,379	28%	2,453	2%
Supplemental Nutrition Assistance Program (SNAP)	48,764	40%	3,206	3%
Food Distribution Program on Indian Reservations (FDPIR)	563	0%	144	0%
The Emergency Food Assistance Program (TEFAP)	4,619	4%	1,496	1%
Head Start	9,102	8%	1,289	1%
Child Nutrition	35,269	29%	3,569	3%
TANF	8,963	7%	1,084	1%
Other Federal Assistance	6,350	5%	1,157	1%

*Exit data represents any new public assistance a participant began receiving during EFNEP/as a result of participating.

ADULT IMPACT DATA - DIET RECALLS

with both Recalls: 81,708

% of Graduates with both Recalls: 99%

Food Group	Mean at Entry	Mean at Exit	Mean Change
Grains	6 oz. eq.	5.7 oz. eq.	-0.3 oz. eq.
Fruits	1.8 cups	2.6 cups	0.8 cups
Vegetables	1.4 cups	1.7 cups	0.3 cups
Milk	1.2 cups	1.4 cups	0.2 cups
Meats	5.7 oz. eq.	5.9 oz. eq.	0.2 oz. eq.
	Mean at Entry	Mean at Exit	Mean Change
Oils	13.3 grams	12.7 grams	-0.6 grams
Whole Grains	0.5 oz. eq.	0.8 oz. eq.	0.3 oz. eq.
Solid Fats and Added Sugars (SoFAS)	394 calories	357.9 calories	-36.1 calories
Sodium	3069.2 mg	3081 mg	11.8 mg

% with Positive Change in one or more Food Group: 95% (n=63,810)

% with Positive Change in Physical Activity Level: 39% (n=55,161)

Total Cost Savings: \$1,128,821.09 (n=53,849)

Average Cost Savings: \$20.96 (n=53,849)

Healthy Eating Index (HEI) Category	Mean at Entry	Mean at Exit	Mean Change
Total Fruits (includes 100% juice)	2.2	3	0.8
Whole Fruit (not juice)	1.8	2.7	0.9
Total Vegetables	3.1	3.5	0.4
Dark Green and Orange Vegetables and Legumes	0.9	1.3	0.4
Total Grains	4.3	4.3	0
Whole Grains	0.9	1.4	0.5
Milk	4.6	5.4	0.8
Meat & Beans	8.4	8.6	0.2
Oils	4.6	4.6	0
Saturated Fat	2.2	2.5	0.3
Sodium	2.9	2.7	-0.2
Calories from Solid Fats, Alcoholic Beverages, and Added Sugars (SoFAAS)	15.5	16.6	1.1
Total HEI	51.2	56.5	5.3

ADULT IMPACT DATA - BEHAVIOR CHECKLISTS

with both Checklists: 81,748

% of Graduates with both Checklists: 101%

Improvement in one or more Practice	# Improved	# Responded	% Improvement
Food Resource Management Practice	59,844	71,014	84%
Nutrition Practice	59,307	66,256	90%
Food Safety Practice	46,017	71,230	65%

YOUTH DATA

of Youth Groups: 16,702

Total # of Youth: 418,961

Youth in Other 4-H Programs: 134,878

Mean # Months: 2.3

Mean # Meetings: 6

Mean # Sessions: 5.8

Mean # Hours: 6.5

Gender	# Youth	% Youth
Male	208,660	50%
Female	210,301	50%
Residence	#	%
Farm	6,311	2%
Towns under 10,000 & rural non-farms	113,472	27%
Towns & cities 10,000 to 50,000 & their suburbs	66,945	16%
Suburbs of cities over 50,000	25,985	6%
Central cities over 50,000	206,250	49%

YOUTH DATA (contd.)

Grade	# Youth	%
Pre-School	11,169	3%
Kindergarten	43,003	10%
Grade 1	51,073	12%
Grade 2	55,929	13%
Grade 3	77,429	18%
Grade 4	67,505	16%
Grade 5	45,262	11%
Grade 6	23,913	6%
Grade 7	13,689	3%
Grade 8	11,491	3%
Grade 9	5,395	1%
Grade 10	4,346	1%
Grade 11	3,236	1%
Grade 12	2,853	1%
Special Education	2,651	1%
Delivery Mode	# Youth Groups	% Youth Groups
4-H Club Membership	110	1%
4-H Special Interest/Short-Term Program	2,317	14%
4-H Camping Programs	107	1%
School Enrichment Programs	12,236	73%
After-School Programs Using 4-H Curricula/Staff Training	1,924	12%
Instructional TV/Video/Web Programs	8	0%

Race and Ethnicity	Not Hispanic/ Not Latino		Hispanic or Latino		Ethnicity Not Provided		Totals	
	#	%	#	%	#	%	#	%
White	149,914	36%	86,843	21%	1,329	0%	238,086	57%
African American	115,120	27%	2,789	1%	922	0%	118,831	28%
American Indian or Alaska Native	8,720	2%	4,411	1%	232	0%	13,363	3%
Asian	7,014	2%	223	0%	249	0%	7,486	2%
Native Hawaiian or Other Pacific Islander	3,440	1%	396	0%	213	0%	4,049	1%
Multiple Races Identified	10,736	3%	4,473	1%	855	0%	16,064	4%
Race Not Provided	1,554	0%	17,798	4%	1,737	0%	21,089	5%
TOTAL	296,498	71%	116,933	28%	5,537	1%	418,961	100%

Note: Percentages are rounded values so the sum of the individual percentages may not add up exactly to the totals.

YOUTH IMPACT DATA

Results for All Grades (K-12)

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	98,363	86%
Physical Activity	97,137	44%
Food Safety	96,518	50%
Food Resource Management	13,706	49%
Food Security	2,084	28%

Kindergarten – 2nd Grade

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	29,782	88%
Physical Activity	28,929	45%
Food Safety	28,954	58%

3rd – 5th Grade

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	49,773	82%
Physical Activity	49,512	36%
Food Safety	49,322	40%

6th – 8th Grade

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	14,450	92%
Physical Activity	14,377	65%
Food Safety	14,071	60%
Food Resource Management	13,706	49%

9th – 12th Grade

Improvement in One or More Practice	# Responded	% Improvement
Diet Quality	4,358	90%
Physical Activity	4,319	65%
Food Safety	4,171	68%
Food Security	2,084	28%

STAFF DATA

Staff Type	Youth FTE	% Youth	Adult FTE	% Adult	Total Staff	Total FTE
Professionals	30.2	28%	79.6	72%	282	109.8
Paraprofessionals	316.9	30%	749	70%	1,680	1065.9
Volunteers	65.5	51%	61.8	49%	22,441	127.2
Total	412.6	32%	890.4	68%	24403	1302.9

Race and Ethnicity	Not Hispanic/ Not Latino		Hispanic or Latino		Ethnicity Not Provided		Totals	
	#	%	#	%	#	%	#	%
White	12,367	51%	3,896	16%	235	1%	16,498	68%
African American	4,892	20%	102	0%	145	1%	5,139	21%
American Indian or Alaska Native	208	1%	177	1%	5	0%	390	2%
Asian	265	1%	6	0%	11	0%	282	1%
Native Hawaiian or Other Pacific Islander	169	1%	10	0%	6	0%	185	1%
Multiple Races Identified	135	1%	84	0%	6	0%	225	1%
Race Not Provided	77	0%	1,164	5%	443	2%	1,684	7%
TOTAL	18,113	74%	5,439	22%	851	3%	24403	100%

Note: Percentages are rounded values so the sum of the individual percentages may not add up exactly to the totals.

Volunteer Roles	# Volunteers	% Volunteers
Instructs	5,054	23%
Advises	416	2%
Educational Role	8,795	39%
Supports Programming	10,570	47%
Mid-level Manager	1,152	5%

Note: Volunteers may have more than one role.

% of Volunteers who are Former Participants: 11% (n=2,432)