



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

www.nifa.usda.gov/efnep
@USDA_NIFA

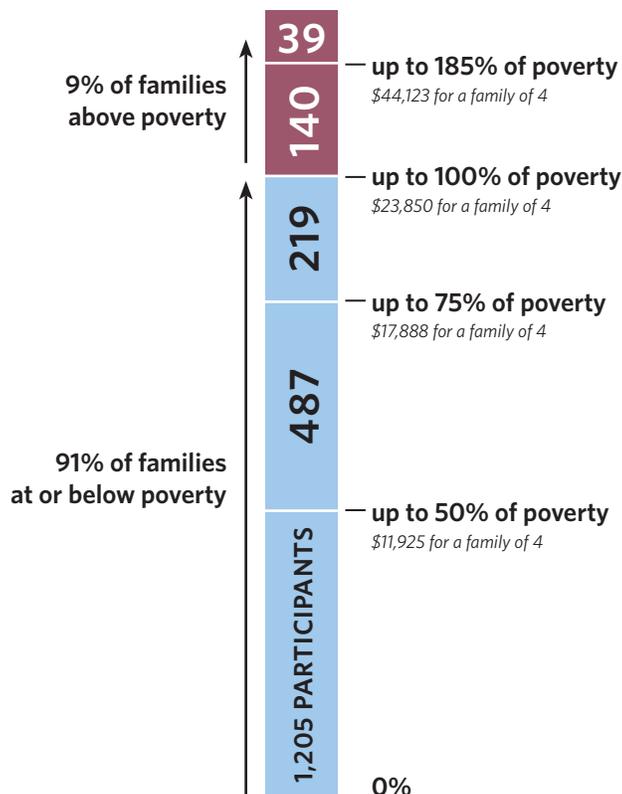
NIFA

2014 IMPACTS—1890s UNIVERSITIES: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 2006, EFNEP 1890 universities have reached more than 130,000 low-income families and youth, improving their diets and food-related behaviors. In 2014, EFNEP 1890 universities reached 2,600 adults and 11,189 youth directly and nearly 6,500 family members indirectly.

REACHING LOW-INCOME FAMILIES

91% 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.



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 1890 program operates in more than 65 counties throughout 17 states. Each year, approximately 18,000 new participants complete the program.

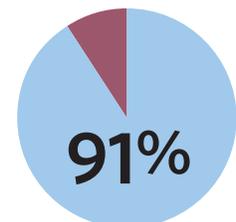
REACHING DIVERSE POPULATIONS

At least **82%** of all EFNEP adults are minorities.



IMPROVING DIETS

91% of adults improved their diet, including consuming an additional 3/4 cup of fruits and vegetables.



SAVING MONEY

EFNEP graduates reported a collective **food cost savings** of:

\$68,426.20

"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

The Gaston County North Carolina Cooperative Extension EFNEP youth program provides creative ways to increase fruits, vegetables, and physical activities, and fun hands on recipes. After the 6 week program a third grader shared that he was now eating fruits and vegetables for snacks instead of sodas and cookies and cakes, and that his family is now buying more vegetables. Because of EFNEP this family is now making healthier choices.
—North Carolina A&T State University

During the course of an EFNEP class, a male participant admitted he needed to lose weight. He also shared his health complications. Doctors recommended he improve his eating habits, but he was reluctant to change. As the class progressed, the participant felt empowered to read food labels and shop with a grocery list – skills he had not thought of before. He said that his eating habits were slowly changing. The participant is the caregiver of his grandchildren and wishes to continue to improve his health so he can care for them.
—South Carolina State University

CHANGING ADULT BEHAVIOR

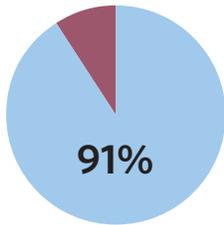
INFLUENCING YOUTH

DEMONSTRATING RESULTS

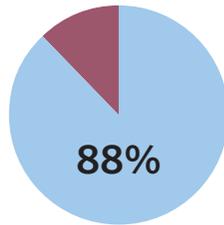
IMPROVEMENT IN FOOD GROUPS

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.

DIET/NUTRITION

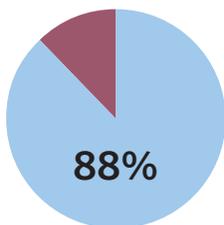


Percentage of adults improving **nutrition** practices

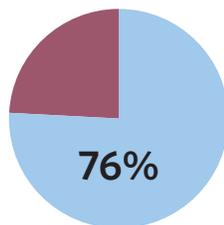


Percentage of 7,912 youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

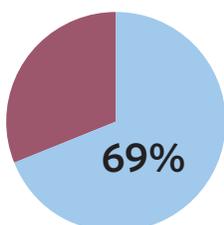


Percentage of adults bettering **food resource management** practices

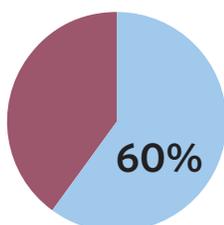


Percentage of 1,570 youth increasing knowledge or ability to prepare **low-cost, nutritious foods**

FOOD SAFETY

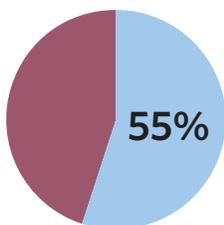


Percentage of adults improving **food safety** practices

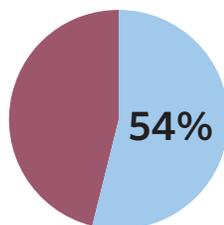


Percentage of 7,813 youth improving **food safety & preparation** knowledge or practices

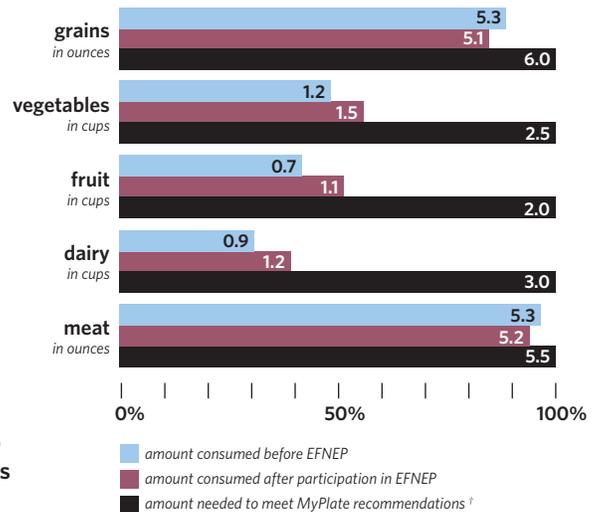
PHYSICAL ACTIVITY



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



Percentage of 7,895 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.