



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

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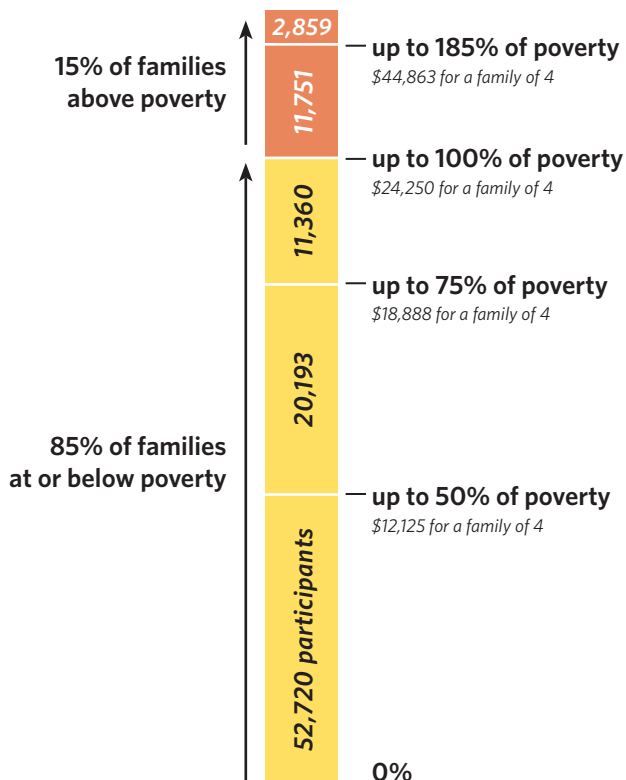


2015 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Since 1969, USDA's Expanded Food, Nutrition, and Education Program (EFNEP), administered by the National Institute of Food and Agriculture, has reached more than 32.5 million low-income families and youth, teaching them to improve their diets, be more physically active, stretch their food dollars, and handle their food safely. In 2015, NIFA provided \$67.9 million in EFNEP funding to 75 Land-Grant Universities. Using a research-based, interactive approach, EFNEP educators worked directly with 119,351 adults and 377,702 children and reached more than 340,000 family members indirectly.

REACHING LOW-INCOME FAMILIES

85% of EFNEP participants **who reported income** are at or below 100% of poverty, earning \$24,250 a year or less for a family of four.



DEFINING THE PROBLEM

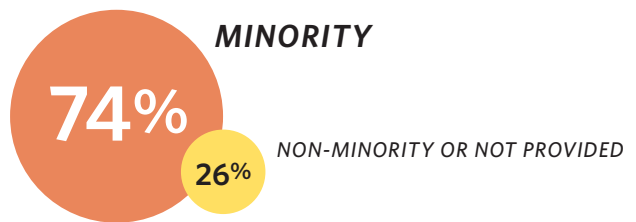
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

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 program operates in more than 800 counties throughout the 50 states, six U.S. territories, and the District of Columbia. Each year, approximately 500,000 new participants complete the program.

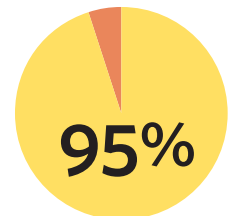
REACHING DIVERSE POPULATIONS

At least **74%** of **all** EFNEP adults are minorities.



IMPROVING DIETS

95% of adults improved their diet, including consuming an additional 1/2 cup of fruits and vegetables.



SAVING MONEY

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

\$1,364,013.05

Felicia is a stay-at-home mom with 3 children under 10. After an EFNEP lesson, she told Heather she thought the “stomach flu” her family gets several times a year might actually be due to poor food safety practices. Heather spent some extra time with Felicia discussing proper food storage techniques and safe internal cooking temperatures. Several months after graduation, Felicia called to thank Heather. She reported that she had been doing all of the suggested things to keep her food safe and that her family had not had the “stomach flu” since. She was grateful to Heather and the EFNEP classes for helping her family be healthier.

—Colorado State University (names changed for confidentiality)

In EFNEP, I always compare a healthy snack to an unhealthy one. Every time I do this with 2nd and 4th grade classes, more than 80% of the students bring healthy snacks to school. Most of them say “Look, I brought a healthy snack.” One child said “I know I am not supposed to eat chips but that’s what my mom gave me.” My response was, “It’s ok, just remind mom to give you something healthier tomorrow.” The direct benefit is that children are starting to eat healthy snacks. This shows the need for EFNEP in our public schools.

—University of the Virgin Islands

On the first day of class I observed that participants were consuming an unusual amount of soft drinks. I began emphasizing how unhealthy soda consumption was for pregnant women. I encouraged water consumption and provided water for the participants. Some of the class admitted to drinking a 12-pack of high sugar sodas per day. Towards the end of the program a few of the ladies came to class with bottles of water. One said, “You convinced me to try drinking water and I discovered it isn’t so bad... I am trying to get away from sodas and am drinking more water and less sugary drinks.”

—West Virginia State University

CHANGING ADULT BEHAVIOR

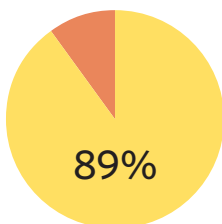
INFLUENCING YOUTH

DEMONSTRATING RESULTS

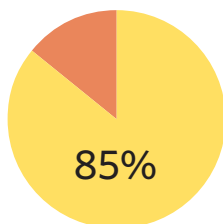
IMPROVEMENT IN FOOD GROUPS

Data reported through diet recalls show that EFNEP graduates eat more closely to MyPlate.gov recommendations. It also shows there is still a need for nutrition education.

DIET/NUTRITION

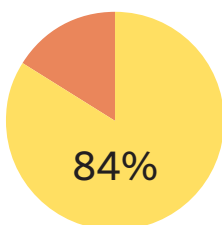


Percentage of adults improving **nutrition** practices

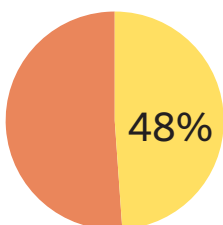


Percentage of 134,718 youth increasing knowledge or ability to choose **healthy food**

FOOD SAVINGS

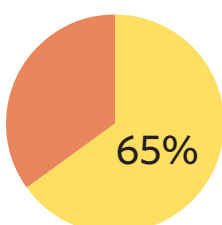


Percentage of adults bettering **food resource management** practices

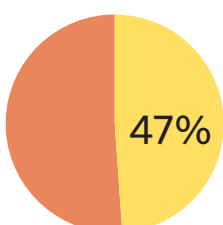


Percentage of 24,914 youth increasing knowledge or ability to prepare **low-cost, nutritious foods**

FOOD SAFETY

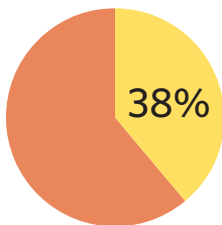


Percentage of adults improving **food safety** practices

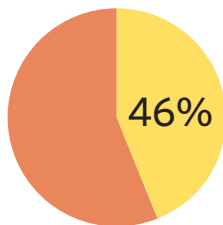


Percentage of 132,940 youth improving **food safety & preparation** knowledge or practices

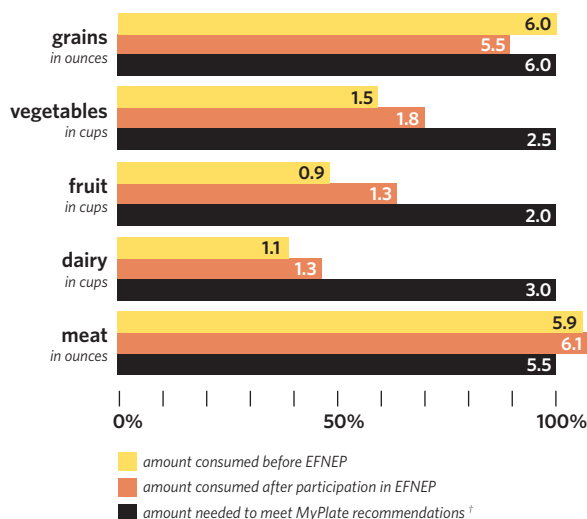
PHYSICAL ACTIVITY



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



Percentage of 133,904 youth improving **physical activity** knowledge or practices



† 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 MyPlate.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.