



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

Community Nutrition Education: Current and Future Directions

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National Program Leader
NIFA, USDA

Family & Consumer Sciences State Program Leaders, Annual Meeting
Big Sky Montana, 14 September 2016

Approaching EFNEP's 50th Anniversary

A time to celebrate, reflect, and plan




NIFA leadership is reviewing closely and needs partner input as we prepare for the future

- Where have we come from
- Where are we now
- Where are we going

Others Are Also Taking Note

- SNAP-Ed Guidance – New in 2017
- Journal of Family and Consumer Sciences manuscript – invitation to submit manuscript by December 2016
- Society for Nutrition Education and Behavior – invitation to submit program session for 2017
- Supplemental article in Journal of Nutrition Education and Behavior or multiple articles through general submission channels



Coordinating with and complementing nutrition education and obesity prevention services delivered in other Department of Agriculture (USDA) nutrition assistance and education programs such as: the Special Supplemental Nutrition Program for Women, Infants and Children (WIC); the Child Nutrition Programs (CNP) which include the School Breakfast Program (SBP), National School Lunch Program (NSLP), Child and Adult Care Food Program (CACFP), Fresh Fruit and Vegetable Program, Summer Food Service Program, the Special Milk Program, and the Seamless Summer and Afternoon Snacks Programs; the Food Distribution Program on Indian Reservations (FDPIR); and the Expanded Food and Nutrition Education Program (EFNEP).

EFNEP – the Next Three Years



Consider...

- As you think about EFNEP – how would you describe it to someone who may be less familiar or no nothing about the program?
- What positive changes have you seen within your state in the past 5-10 years?
- What changes have you seen or contributed to in terms of quality and visibility?

Resource:

- [EFNEP Impacting Lives, Investing in Futures Video \(link is external\)](#)

EFNEP – A Program that Makes a Difference



EFNEP's Reach

- Available in all states, U.S. territories, and the District of Columbia – in approximately 800 counties;
- Annually reaches roughly 120 thousand adults and 480 thousand youth directly, and more than 340 thousand family members indirectly
- 85% of EFNEP families are at or below 100% of poverty, earning \$24,250 a year or less for a family of four
- 74% of EFNEP adults are minorities



EFNEP
Connecting the Pieces

University of the District of Columbia, EFNEP
2016 National Coordinators' Conference
March 14-17, 2016 - Arlington, VA





95% Improve Diets





EFNEP
Connecting the Pieces

University of Idaho, EFNEP
2016 National Coordinators' Conference
March 14-17, 2016 - Arlington, VA





**38% Increase
Physical Activity by
30 minutes or more**





University of California, EFNEP

EFNEP
Connecting the Pieces

2016 National Coordinators' Conference
March 14-17, 2016 - Arlington, VA





84% Stretch Food
Dollars Farther

University of California, EFNEP





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SAVING MONEY

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

\$1,364,013.05





EFNEP
Connecting the Pieces

Auburn University, EFNEP
2016 National Coordinators' Conference
March 14-17, 2016 - Arlington, VA





65% Handle Food
More Safely





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42% of participants
ran out of food less
often before the end of
the month

FOOD SECURITY



A National Perspective – Strengths of EFNEP

- EFNEP is dynamic
- EFNEP has impact
 - Reaches vulnerable populations
 - Facilitates, evaluates, and reports on change by individuals, families, and communities (WebNEERS, evaluation and reporting)
 - Creates employment opportunities for vulnerable populations
 - Enhances university capacity
 - Embraces community engagement
 - Is strengthened by program-implementation research

History - Milestones

1969 - EFNEP began

1970s - Developed into a national program

1980s - Established and implemented national program policies

1990s - Increased focus on national data collection

2000s - Revisited all aspects of program, updated policies, and strengthened focus on use of data to guide program direction, management, and visibility

2010s - Continued emphasis on program quality, fidelity, and visibility; Connecting EFNEP with other program and research efforts for greater effectiveness and stronger collective impact, while also highlighting EFNEP's distinctiveness; Embracing new technologies and increased clarity in applying the social ecological model

A National Perspective – Strengths of EFNEP, contd.

- EFNEP is strengthened by federal/university/local partnerships
 - Shared impact and direction (committees)
- EFNEP legislation supports lasting programmatic success
 - Behavioral change
 - Nutritional health and well-being of families with young children
 - Paraprofessionals indigenous to the target population
 - Direct nutrition education
 - Sound practices (research or evidence based)

Goals – Program Reach and Quality – Results of 2015 data

GOAL 1: Increase Total EFNEP Reach by 5% (both adults and youth) ⚠

GOAL 2: 100% of Youth Graduates have Entry and Exit Checklists

- Objective A – 100% of Universities Reporting ⚠
- Objective B – At least 60% Graduation Rate ✓

GOAL 3: Maintain Improvement Levels for Adult Behavior Change

- Objective A – 94% Diet Quality ✓
- Objective B – 89% Nutrition Practices ✓
- Objective C – 84% Food Resource Mgmt. Practices ✓
- Objective D – 66% Food Safety Practices ⚠



GOAL 4: Increase Focus on Youth Behavior Change ✓ ⚠

Goals – Program Advancement

GOAL 5: Keep EFNEP at the Forefront of Nutrition Education Programming, Evaluation, and Reporting

- Objective A – Incorporate New Results & Recommendations into Programming & Reporting
- Objective B – Support Existing & Align with New Initiatives
- Objective C – Increase Visibility
- Objective D – Strengthen Program Monitoring

Effects of using WebNEERS for evaluation and reporting

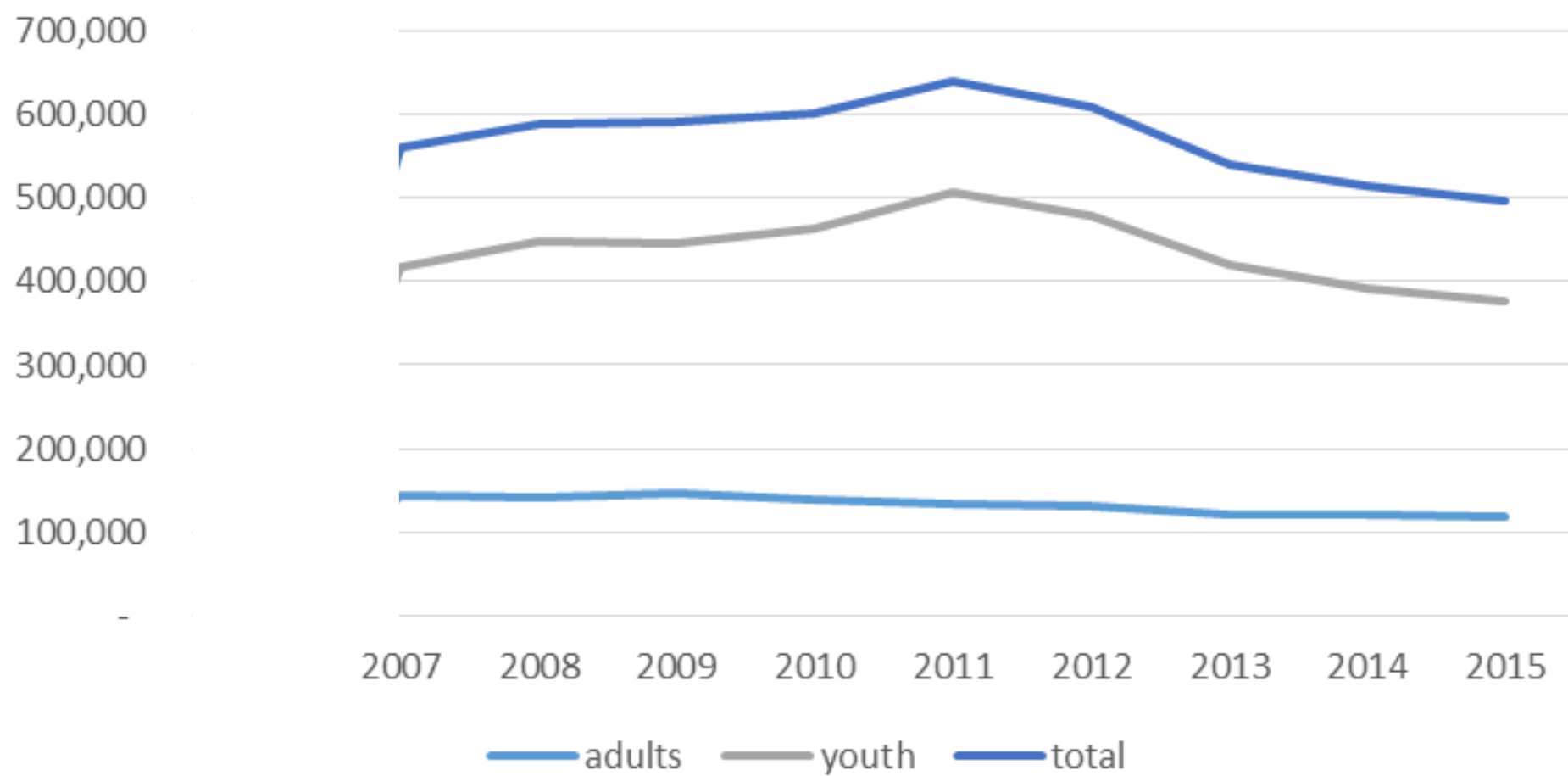
- Reduced overall time burden for grantees by 7% (~6400 hours) ☒
- Decreased annual costs to NIFA by 80% (~\$57,000) ☒



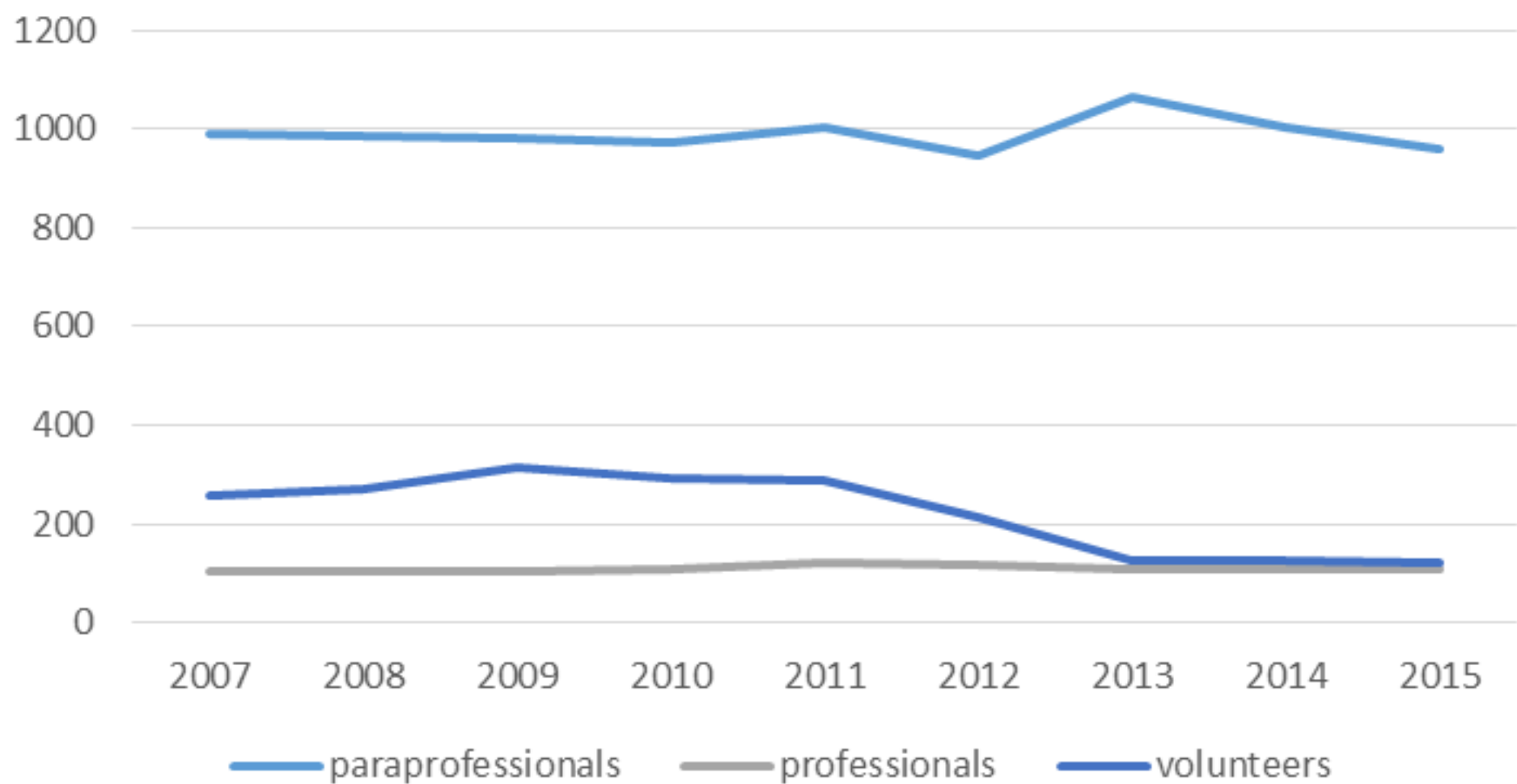
Reviewing the Data More Closely – Trends Over Time



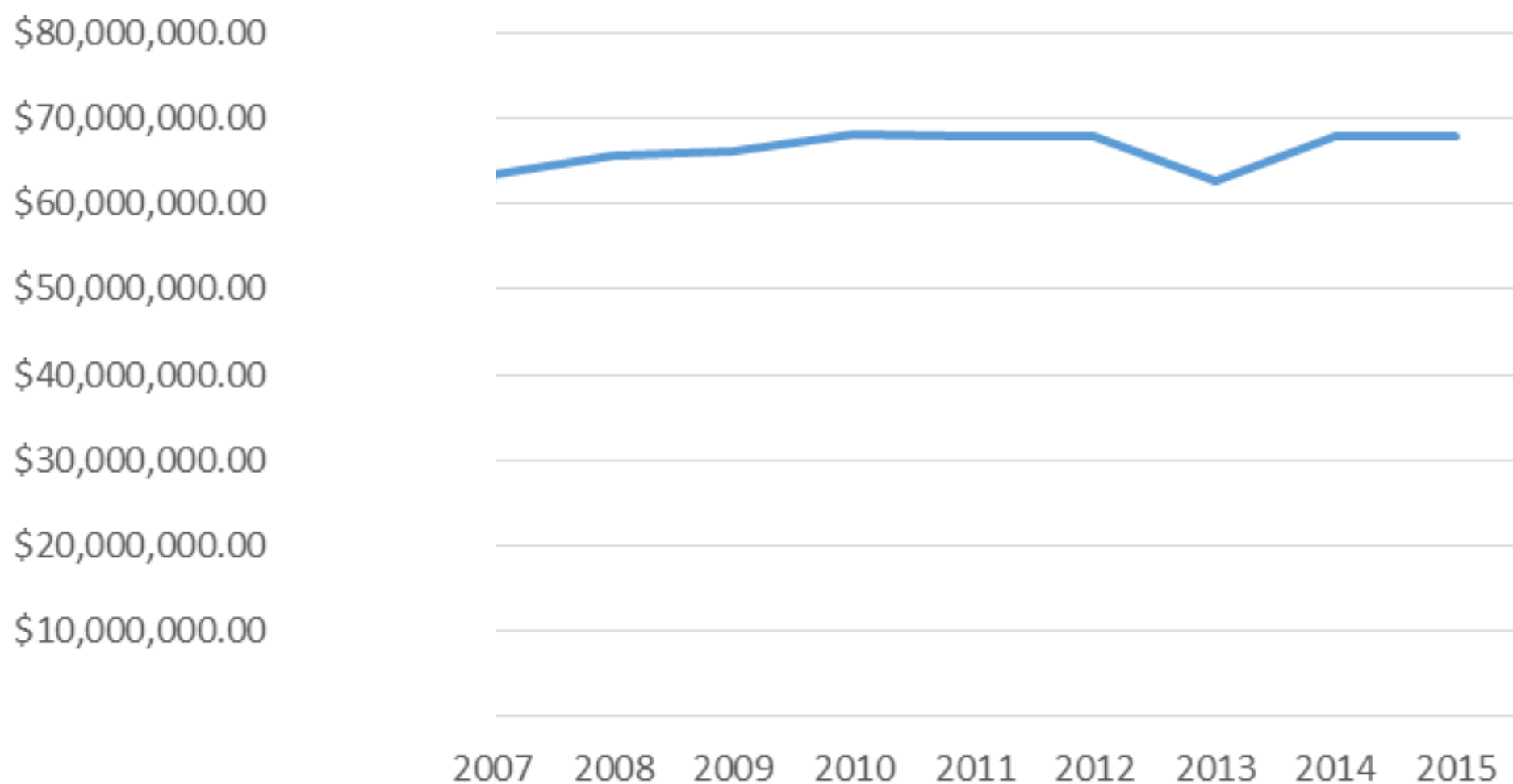
EFNEP Program Participation



FTEs for EFNEP



EFNEP Funding



EFNEP Priorities – Ongoing – Consistency, Quality, Integrity

Key Program Components

PRIMARY FOCUS – DIRECT EDUCATION

- Behavioral change by low-income population served
- Hands-on interactive learning
- Relationship-based – peer educator
- Evidence-based programming in four core areas

SECONDARY FOCUS - Community Engagement

- Social ecological model
- Professional responsibility
- Complements paraprofessional teaching and builds upon community and state relationships

EFNEP Priorities – Ongoing – Consistency, Quality, Integrity Program Implementation Research

- NC2169 – ongoing
- Behavior Checklist Workgroup
 - Adult reporting – reporting and evaluation questions – changes FY 2018
- Youth Evaluation Workgroup
 - Youth reporting – second group evaluation – changes FY 2018
- RNECE – through 2017 →

RNECE
Regional Nutrition Education and
Obesity Prevention Centers of Excellence
National Coordination Center at the University of Kentucky

POINTING THE WAY
TO GOOD
NUTRITION

Welcome to the National Coordination Center for the
Regional Nutrition Education and Obesity Prevention
Centers of Excellence

Western Territories
Cook, Iowa, Utah, Montana, Idaho, and
Washington Territories

Western

North Central

Northeast

Southern

Southern Territories
Puerto Rico
Virgin Islands

National Coordination Center
University of Kentucky
Dr. Ann Vail

**▲ Policy, Systems, and
Environmental Change
Center**
University of Tennessee
Dr. Laura Stephenson

North Central Region
Purdue University
Dr. Dennis Savaiano

Northeast Region
Cornell University
Dr. Jamie Dollahite

Southern Region
University of North
Carolina at Chapel Hill
Dr. Alice Ammerman

Western Region*
Colorado State University
Dr. Susan Baker

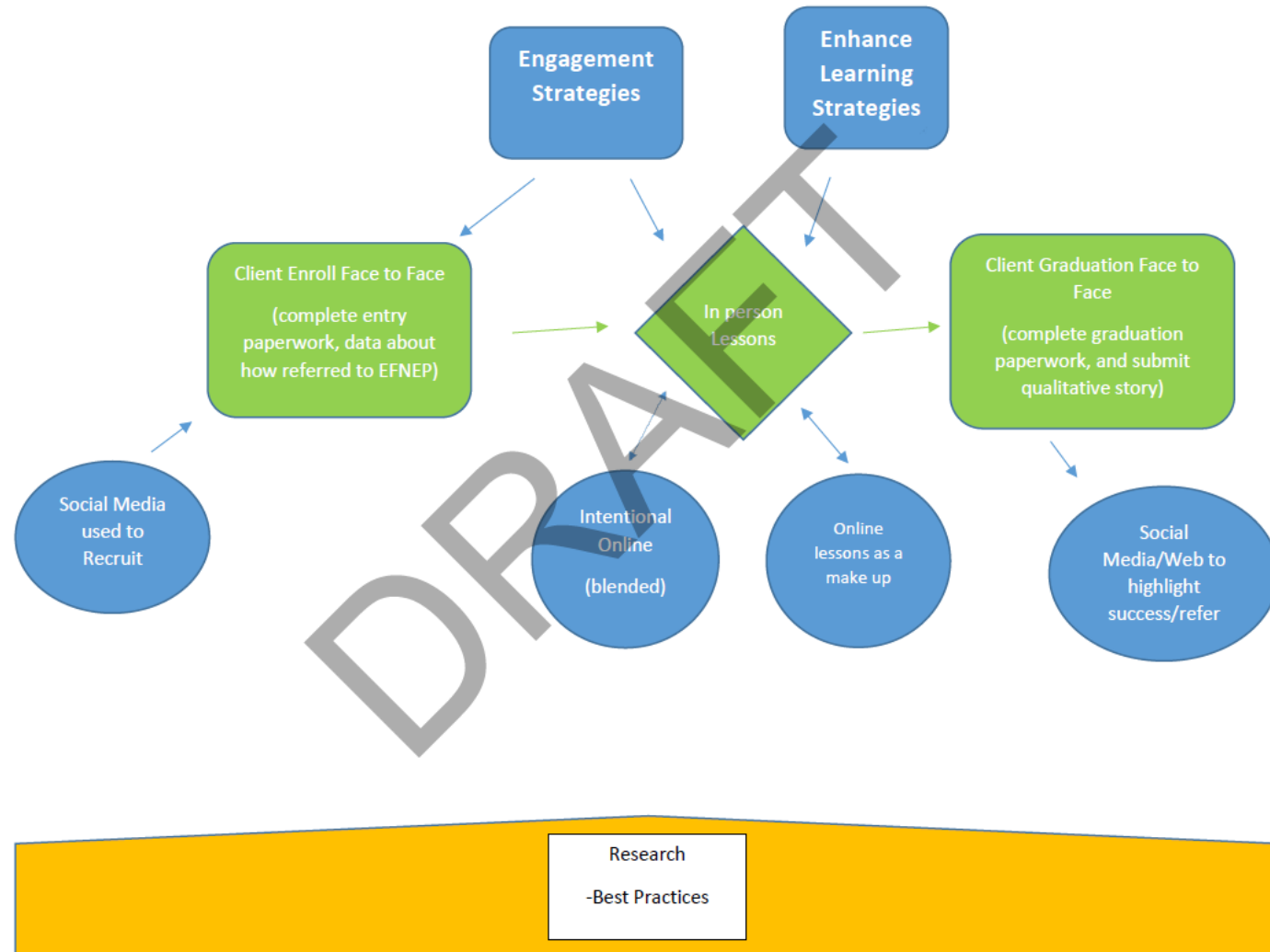
*The Longitudinal Research Project through Utah State University works in cooperation with the Western Regional Center.

EFNEP Priorities

Current Status and New Developments

- Paraprofessional supervision
- Volunteerism **NEW**
- Senior Leadership Session with EFNEP Coordinators - follow-up **NEW**
- EFNEP 50th Anniversary – 3 year plan
- Use of current and emerging technology
 - Embracing changes in how people learn and access information while also staying true to legislated peer educator model

EFNEP Technology Conceptual Map
EFNEP Technology Conceptual Map
9 - 2016



GOALS FOR EFNEP TECHNOLOGY INTEGRATION

1. Increase EFNEP graduation rate.
2. Expand reach to new audiences.
3. Assist EFNEP with staying relevant to different learning styles and how audiences want to learn.

Program Integrity Considerations

Items Needed to Maintain Integrity of EFNEP Program:

1. Program delivery priority of EFNEP is peer educators with knowledge and experience of low income communities as the best method for reaching our nation's poorest families.
2. Dosage and paraprofessional contact needed for optimal program outcomes.
3. Learner-centered focus.
4. Innovative teaching techniques and hands-on learning that can support and/or enhance programs.
5. Collection of information such as recalls, surveys, signatures, etc.
6. Cultural competence – multi languages.
7. Validity and evidence base with practical application of current research.
8. High quality of teaching—review and update peer educator training protocol.
9. Coordination, collaboration and engagement with community partners and stakeholders.

Listening Session – Similar to Session with EFNEP Coordinators in March

- Program reach
- Especially underserved audiences – low income populations within those eligible for EFNEP that we may not be reaching sufficiently
- Use of emerging technology

Table Discussions

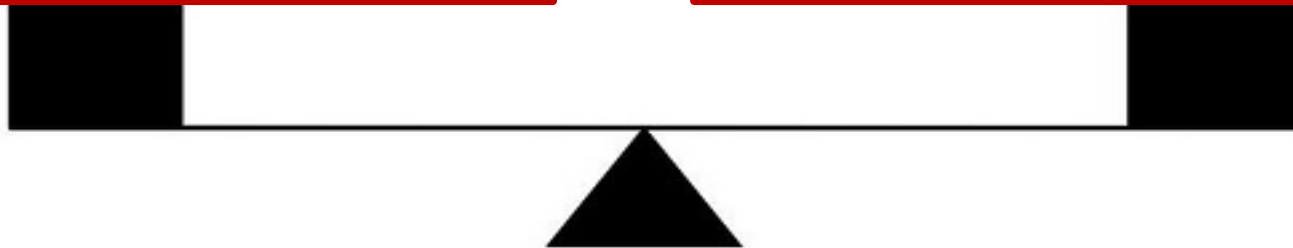
- Thoughts about reach
- Thoughts about within state prep for 50th anniversary
- Thoughts about FCS leaders roles

EFNEP – Striking a Balance

Preserve, protect, enhance, complement

- Assuring and communicating program success
- Maximizing use of resources
- Preserving and conveying program identity

- Foreseeing and acting upon changes needed
- Identifying and utilizing other resources
- Working collaboratively with other programs, organizations, and agencies



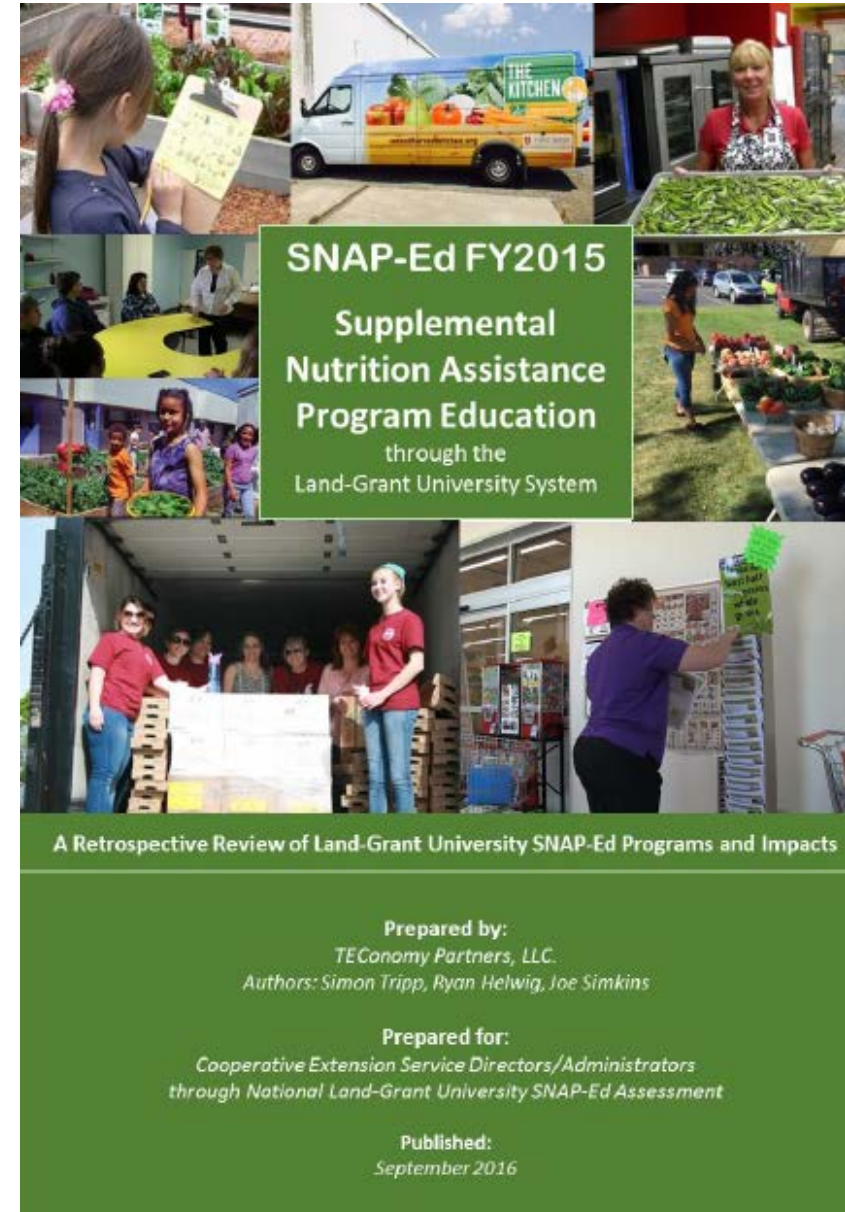
EFNEP – What FCS Leaders can Do

- Stay informed and involved
- Think about how you might lift up EFNEP; participate in strategic planning and involvement for next three years
- Work in concert with each other – stay connected with the national office and with colleagues to highlight and build upon the program as a whole
- .Keep deans, directors and administrators informed. Generate enthusiasm and excitement around EFNEP. It is a program to celebrate and to support

-
- Resources - NIFA communications, TIER data, WebNEERS

SNAP-Ed

- Accomplishments of past year
- Recent Developments
- Program Development Team
 - Purpose
 - Changes
 - Recognitions



EFNEP Team at National Institute of Food And Agriculture (NIFA) USDA

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