



United States  
Department of  
Agriculture

National Institute  
of Food  
and Agriculture

www.nifa.usda.gov/efnep  
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# 2016 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

## IMPROVING LIVES

Poor nutrition, limited physical activity, unsafe food practices, and food insecurity are significant health concerns. Poor health disproportionately affects minority and low-income populations. The USDA National Institute of Food and Agriculture's Expanded Food and Nutrition Education Program (EFNEP) provides opportunities for low-income youth and families to improve their nutritional health and well being through evidence-based, hands on, interactive learning.

In 2016 NIFA received \$67.9 million for land-grant university Cooperative Extension partners to conduct EFNEP in all 50 states, six U.S. territories, and the District of Columbia. EFNEP employed 1,908 educators who are members of the communities they serve. In turn, EFNEP educators worked directly with 118,976 adults, and 365,369 youth. These educators tailored

lessons on diet quality and physical activity, food resource management, food safety, and food security to meet the specific needs of their respective program participants.

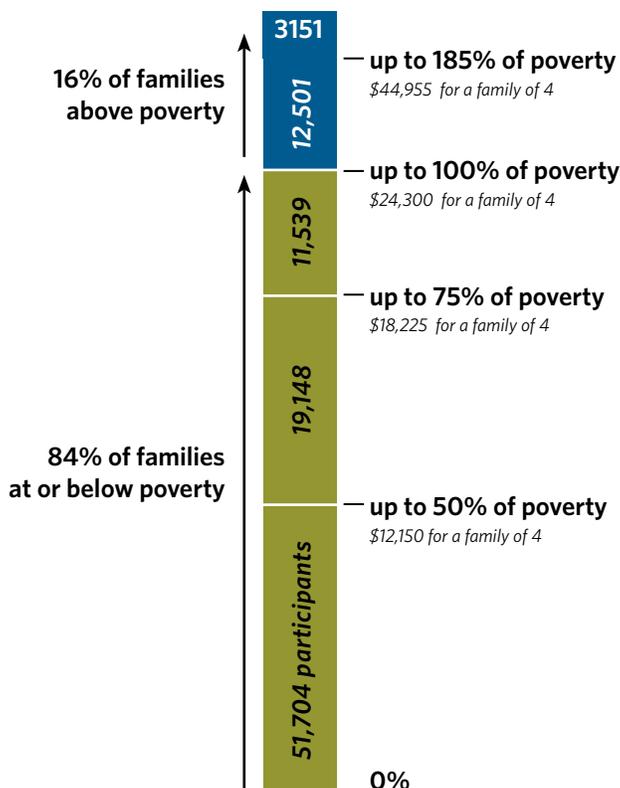
## ENSURING EXCELLENCE

Successful programs require constant attention. Ongoing EFNEP initiatives are underway to:

- Receive periodic feedback to ensure program quality, integrity, and fidelity, and meet the changing needs of the states, territories, and the District of Columbia.
- Confirm that behavior-change indicators are scientifically valid and reliable.
- Strengthen evidence-based adult and youth learning, methods and enhance teaching techniques with new technologies and social media.

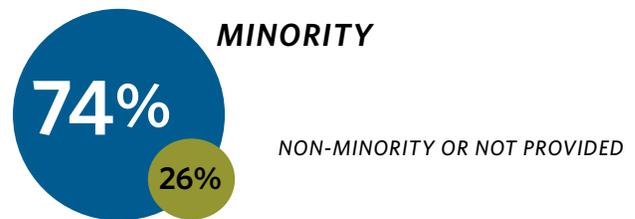
## REACHING LOW-INCOME FAMILIES

**84%** of EFNEP participants **who reported income** are at or below 100% of poverty, earning \$24,300 a year or less for a family of four.



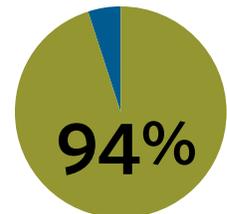
## REACHING DIVERSE POPULATIONS

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



## IMPROVING DIETS

**94%** of adults improved their diet, including consuming an additional  $\frac{1}{2}$  cup of fruits and vegetables.



## SAVING MONEY

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

**\$1,327,579.77**

A single father reported that prior to EFNEP, he typically ate prepackaged prepared foods, which were high in fat, sodium and calories, and low in fruits, vegetables, and whole grains. Now he shops with a grocery list, doesn't add salt to food when cooking, and prepares healthy meals for him and his son. - University of California Davis

"I was not sure about participating in [EFNEP] in the beginning. Today I can tell you that you have made such a lasting impact on me and my family. We cook healthy meals together, we eat together, we play together, we never run out of food. I cannot thank you enough!" - Mother of four, University of Maine

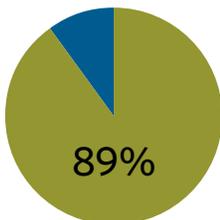
Low birth weight was an issue for mothers enrolled in the Nurse Family Partnership (NFP) program. Since partnering with EFNEP, all young moms enrolled in the program gave birth to healthy weight babies, and initiated breast feeding after giving birth. - Director of a county NFP program - North Carolina A&T State University

## CHANGING ADULT BEHAVIOR

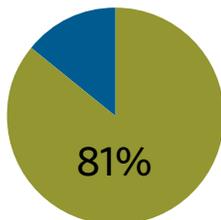
## INFLUENCING YOUTH

# DEMONSTRATING RESULTS

DIET/NUTRITION



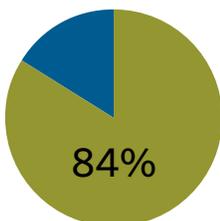
Percentage of adults improving **nutrition** practices



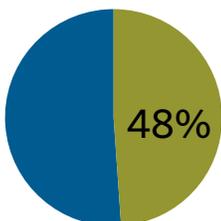
Percentage of 167,723 youth increasing knowledge or ability to choose **healthy foods**

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

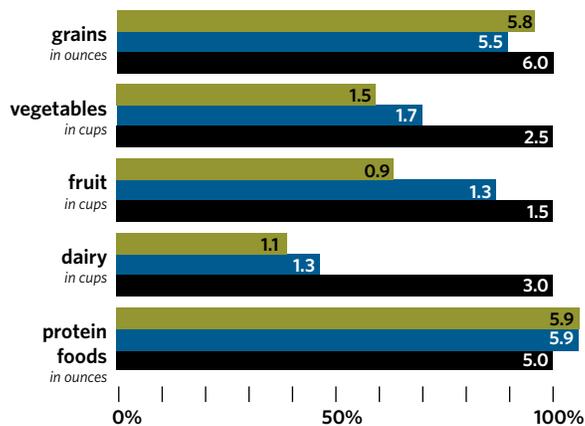
FOOD SAVINGS



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



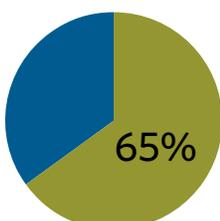
Percentage of 12,356 youth increasing knowledge or ability to prepare **low-cost, nutritious foods**



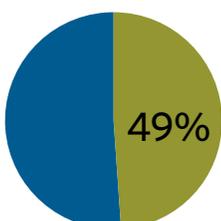
■ Amount consumed before EFNEP  
■ Amount consumed after participation in EFNEP  
■ Amount needed to meet MyPlate recommendations†

† 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).

FOOD SAFETY



Percentage of adults improving **food safety** practices

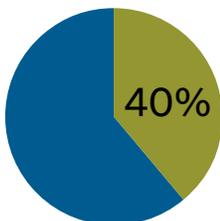


Percentage of 101,707 youth improving **food safety and preparation** knowledge or practices

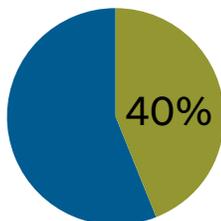
## EFNEP HISTORY

The Expanded Food and Nutrition Education Program has been making a difference in the lives of American families and children since 1969. The program began as a pilot project in Alabama, as the USDA sought solutions to concerns of poverty and hunger. President Lyndon B. Johnson authorized \$10 million for the EFNEP program in 1968, and in 1969 Congress authorized \$30 million under the Smith-Lever Act. The original program was delivered by 1862 land-grant universities. In 2006 the program expanded to include 1890 land-grant universities. Today 76 institutions work with community partners nationwide to deliver the program.

PHYSICAL ACTIVITY



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



Percentage of 83,251 youth improving **physical activity** knowledge or practices