



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

www.nifa.usda.gov
@USDA_NIFA

NIFA Helps Build a Better Future for Our Children

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. USDA's National Institute of Food and Agriculture is focused on enhancing health outcomes and preventing obesity through research, education, and extension.

THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM INFLUENCES YOUTH

In 2014, EFNEP directly reached 392,563 youth, resulting in the following positive impacts:

DIET/NUTRITION

86%

increased their knowledge or ability to choose healthy foods

COST SAVINGS

50%

increased their knowledge or ability to prepare low-cost, nutritious foods

FOOD SAFETY

48%

improved food safety & preparation knowledge or ability

PHYSICAL ACTIVITY

44%

improved physical activity knowledge or practices

THE AGRICULTURE AND FOOD RESEARCH INITIATIVE TARGETS CHILDHOOD OBESITY

From 2011 to 2014, AFRI Childhood Obesity Prevention Challenge Area awarded:

39 GRANTS

\$80.3 MILLION

These projects integrate research and education to:

- teach life skills, such as food preparation and preservation
- establish healthy eating and physical activity habits
- evaluate the effectiveness of varied teaching techniques in reducing unhealthy weight gain
- explore relationships between eating habits, physical activity, and weight gain
- inform school food policies and practices



NIFA-FUNDED EXTENSION HELPS SHAPE HEALTHY CHOICES IN CALIFORNIA

The Shaping Healthy Choices Program (SHCP), administered by University of California-Davis and University of California Cooperative Extension, used these five school-based intervention components to target childhood obesity:

- 1 nutrition education & promotion
- 2 family & community partnerships
- 3 integration of regional agriculture
- 4 foods available on campus
- 5 school wellness policies

After nine months, rates of obesity dropped from **56%** to **38%** for the fourth-grade students participating in the program.