

Nutrition education programming in America

1. NIFA is committed to improving health and reducing hunger and poverty in America through nutrition education programming. Such programming based on researched-based nutrition information and evidence-based approaches to improve diets and food-related behaviors results in healthy habits in eating, physical activity, food handling, and storage.
2. NIFA and its predecessor agencies have provided nearly 50 years of federal leadership in nutrition education programming through the Expanded Food and Nutrition Education Program (EFNEP).
 - a. This program trains peer educators to teach low-income families to develop healthier behaviors by helping them understand and apply credible nutrition information.
 - b. To be fully effective, EFNEP must anticipate and quickly adapt to demographic, social, and technological changes.
3. NIFA is undertaking an analysis to update the current EFNEP formula to better reach targeted populations – such as Native American populations – given changes in national demographics, poverty rates, and levels of obesity within these populations since the formula was developed in 1981.
4. NIFA will partner with land-grant universities and other relevant stakeholders to engage in national conversations to ensure that we have an effective nutrition education program of relevance to our nation’s demographic situation of the 21st Century. NIFA is currently working with the University of Missouri and Lincoln University to begin these conversations. Additional details are forthcoming.