



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

www.nifa.usda.gov/efnep



2009 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has improved the diets and food-related behaviors of program participants. Each year EFNEP enrolls more than half a million new program participants. In 2009, EFNEP reached 147,043 adults and 444,875 youth directly and nearly 400,000 family members indirectly.

DEFINING THE PROBLEM

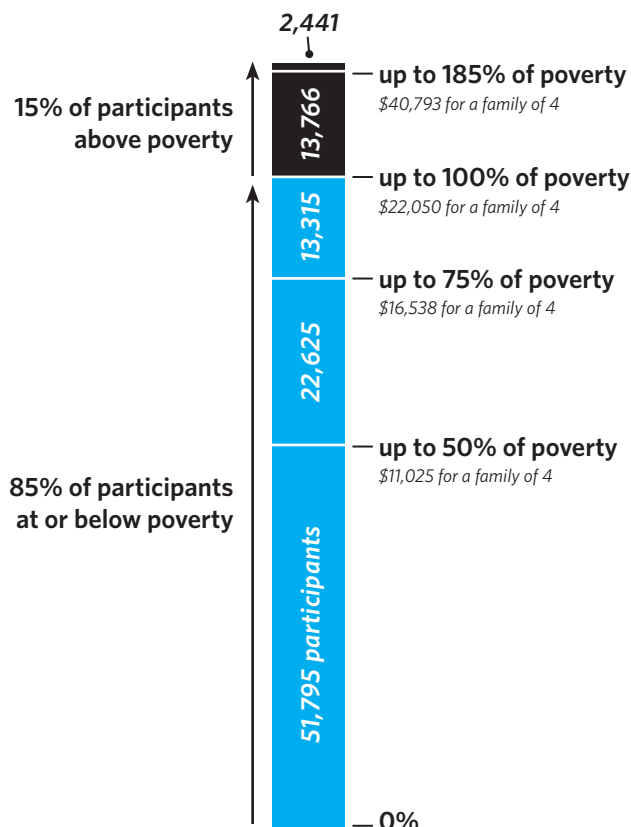
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

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 over 800 counties throughout the 50 states, 6 U.S. territories, and the District of Columbia. Each year, more than 500,000 new participants complete the program.

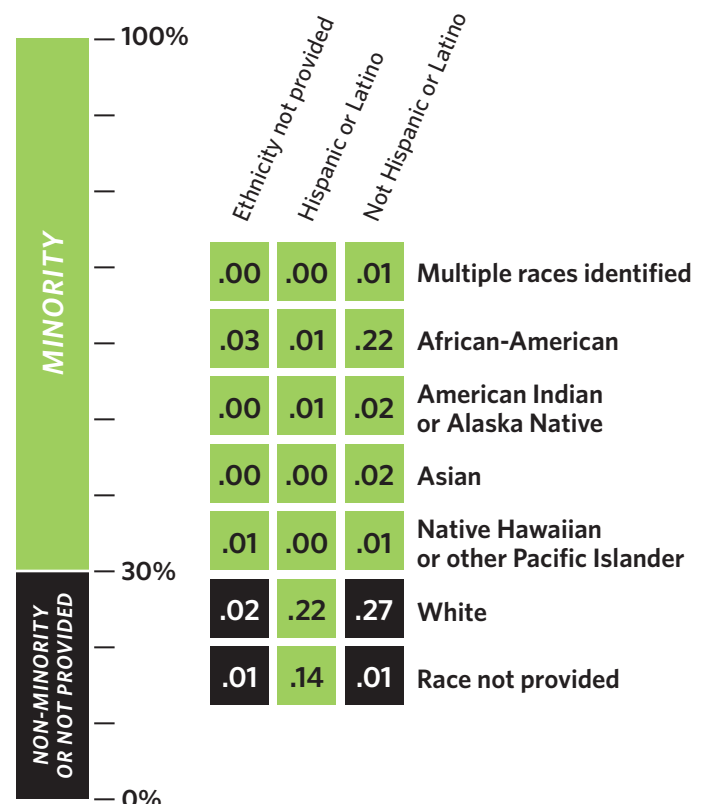
REACHING LOW-INCOME FAMILIES

85% of EFNEP participants **who reported income** are at or below 100% of poverty, earning \$22,050 a year or less for a family of four.



REACHING DIVERSE POPULATIONS

At least 70% of **all** EFNEP adults are minorities.



"You assume that people know how to eat and that people will just cook to meet those needs; unfortunately, nutrition is something that does have to be taught. For a community to be able to have a program like this... it's certainly more valuable than I think anyone really understands."

EFNEP participant, Pennsylvania

"[EFNEP is] a tool that families and individuals can use to better their lives ... because when people ... learn together and cook together it sets off the first spark that's needed for education to spread. EFNEP is the spark that's needed in people's lives and in communities."

EFNEP Paraprofessional, New Mexico

"If we teach people how to better shop for food and what to do with food... it helps decrease the number of people who go back to food pantries for assistance. It helps break that cycle of dependency... it's an answer to help people in these economically troubling times."

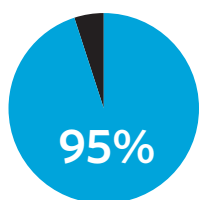
EFNEP partner, St. Martin Center, PA

CHANGING ADULT BEHAVIOR

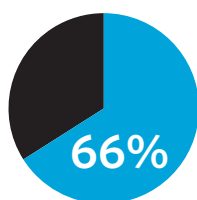
INFLUENCING YOUTH

DEMONSTRATING RESULTS

DIET QUALITY

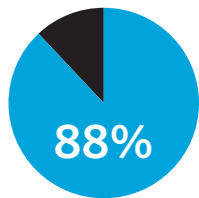


Percentage of adults improving **diet**, consuming an **extra ⅔ cup of fruits and vegetables**

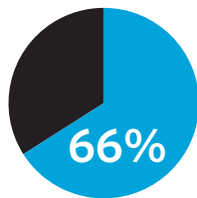


Percentage of 83,314 youth now eating a **variety of foods**

NUTRITION

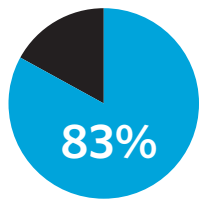


Percentage of adults improving **nutrition** practices

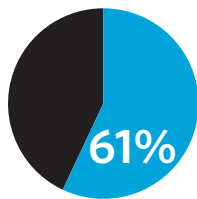


Percentage of 115,879 youth increasing **essential human nutrition** knowledge

FOOD SAVINGS

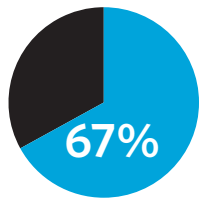


Percentage of adults bettering **food resource management** practices

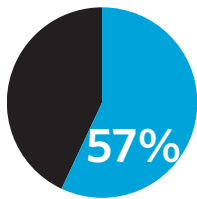


Percentage of 89,823 youth increasing ability to select **low-cost, nutritious foods**

FOOD SAFETY

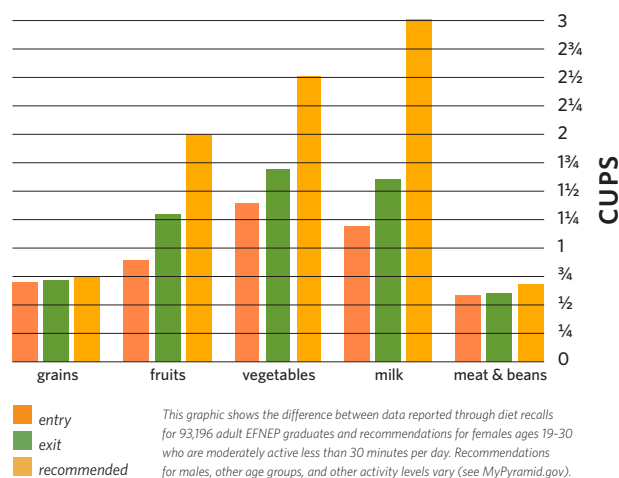


Percentage of adults improving **food safety** practices



Percentage of 107,357 youth improving **food safety** and **preparation** practices

IMPROVEMENT IN FOOD GROUPS



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.