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.
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.

**DEMONSTRATING RESULTS**

**CHANGING ADULT BEHAVIOR**

**DIET QUALITY**
- 95% Percentage of adults improving diet, consuming an extra ⅓ cup of fruits and vegetables

**NUTRITION**
- 88% Percentage of adults improving nutrition practices

**FOOD SAVINGS**
- 83% Percentage of adults bettering food resource management practices

**FOOD SAFETY**
- 67% Percentage of adults improving food safety practices

**INFLUENCING YOUTH**

**DIET QUALITY**
- 66% Percentage of 83,314 youth now eating a variety of foods

**NUTRITION**
- 66% Percentage of 115,879 youth increasing essential human nutrition knowledge

**FOOD SAVINGS**
- 61% Percentage of 89,823 youth increasing ability to select low-cost, nutritious foods

**FOOD SAFETY**
- 57% Percentage of 107,357 youth improving food safety and preparation practices

**DEMONSTRATING RESULTS**

**IMPROVEMENT IN FOOD GROUPS**

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Entry</th>
<th>Exit</th>
<th>Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1%</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Fruits</td>
<td>2%</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Milk</td>
<td>2%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

This graphic shows the difference between data reported through diet recalls for 93,196 adult EFNEP graduates and recommendations for females ages 19-30 who are moderately active less than 30 minutes per day. Recommendations for males, other age groups, and other activity levels vary (see MyPyramid.gov).

**WHY IT WORKS**

EFNEP educators follow a research-based learning model that allows them to effectively reach and educate program participants. Educators are:

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For more information, visit [www.nifa.usda.gov/efnep](http://www.nifa.usda.gov/efnep) or contact sblake@nifa.usda.gov or hchipman@nifa.usda.gov