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 2011, EFNEP reached 134,446 adults and 506,156 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

87% 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.

- 2,285
  - up to 185% of poverty
    - $40,793 for a family of 4
  - up to 100% of poverty
    - $22,050 for a family of 4
  - up to 75% of poverty
    - $16,538 for a family of 4
  - up to 50% of poverty
    - $11,025 for a family of 4

13% of participants above poverty

57,299 participants at or below poverty

87% of participants at or below poverty

REACHING DIVERSE POPULATIONS

At least 72% of all EFNEP adults are minorities.

MINORITY

72%

28%

Non-Minority or Not Provided

Not Hispanic or Latino

Hispanic or Latino

White

African-American

American Indian or Alaska Native

Asian

Native Hawaiian or other Pacific Islander

Multiple races identified

Race not provided
CHANGING ADULT BEHAVIOR

DIET QUALITY
- 94% Percentage of adults improving diet, including consuming an extra cup of fruits and vegetables

NUTRITION
- 89% Percentage of adults improving nutrition practices

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

DEMONSTRATING RESULTS

INFLUENCING YOUTH

- 59% Percentage of 130,771 youth now eating a variety of foods
- 63% Percentage of 163,014 youth increasing essential human nutrition knowledge
- 56% Percentage of 133,999 youth increasing ability to select low-cost, nutritious foods

FOOD SAFETY
- 66% Percentage of adults improving food safety practices
- 55% Percentage of 126,427 youth improving food safety and preparation practices

IMPROVEMENT IN FOOD GROUPS

Data reported through diet recalls show that EFNEP graduates eat more closely to MyPyramid recommendations. It also shows there is still a huge need for nutrition education.

- Grains: Amount consumed before EFNEP: 5.6 ounces; Amount consumed after participation in EFNEP: 5.5 ounces; Amount needed to meet MyPyramid recommendations*: 6.0 ounces
- Vegetables: Amount consumed before EFNEP: 1.4 cups; Amount consumed after participation in EFNEP: 1.7 cups; Amount needed to meet MyPyramid recommendations*: 2.5 cups
- Fruit: Amount consumed before EFNEP: 0.9 cups; Amount consumed after participation in EFNEP: 1.3 cups; Amount needed to meet MyPyramid recommendations*: 2.0 cups
- Dairy: Amount consumed before EFNEP: 1.2 cups; Amount consumed after participation in EFNEP: 1.5 cups; Amount needed to meet MyPyramid recommendations*: 3.0 cups
- Meat: Amount consumed before EFNEP: 4.9 ounces; Amount consumed after participation in EFNEP: 5.0 ounces; Amount needed to meet MyPyramid recommendations*: 5.5 ounces

* 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 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:

• 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.

For more information, visit www.nifa.usda.gov/efnep or contact sblake@nifa.usda.gov or hchipman@nifa.usda.gov