2013 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has reached more than 31 million low-income families and youth, improving their diets and food-related behaviors. Each year EFNEP enrolls more than half a million new program participants. In 2013, EFNEP reached 121,025 adults and 418,961 youth directly and nearly 360,000 family members indirectly.

Percentage of adults improving diet, including consuming an additional 1.2 cup of fruits and vegetables: 95%

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 more than 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 $23,550 a year or less for a family of four.

- 15% of families above poverty
- 85% of families at or below poverty

- 2,505 up to 185% of poverty $43,568 for a family of 4
- 11,778 up to 100% of poverty $23,550 for a family of 4
- 11,263 up to 75% of poverty $17,668 for a family of 4
- 20,071 up to 50% of poverty $11,775 for a family of 4
- 52,277 participants

REACHING DIVERSE POPULATIONS

At least 72% of all EFNEP adults are minorities.

MINORITY

- 72%
- 28% Non-Minority or Not Provided

Not Hispanic nor Latino
- 27%
- 28% White
- 23%
- 1% African-American
- 1%
- 2% American Indian or Alaska Native
- 2%
- 0% Asian
- 1%
- 0% Native Hawaiian or other Pacific Islander
- 2%
- 1% Multiple races identified
- 1%
- 11% Race not provided
A Hispanic family was referred to EFNEP by a community health nurse because the 11 year-old son was overweight and had really high cholesterol. The mother commented (translated): “Thanks to the classes, I made many changes in my house for the whole family, not just for my son because of his dangerously high cholesterol. I am now: using oil with less saturated fat; using less oil in cooking; no longer frying anything. We used to drink whole milk, and now we are drinking skim; also we now eat a variety of vegetables and fruits and do not buy sodas. My husband, my children and I eat healthier now and drink more water and less sugary drinks.” — Oregon State University

An EFNEP professional encountering financial stress applied EFNEP skills to her situation, and became a better teacher and leader through the experience. “My husband was laid off soon after we purchased a new home, and I suddenly had to work incredibly hard to make ends meet, all while pregnant. Using my EFNEP knowledge, I managed to feed my family of 3 on less than an average family’s SNAP benefits. We’ve been able to budget $50-60/week for food by menu planning, making grocery lists, preparing food from scratch, and stretching meals to last several days. Eating well on a tight budget CAN be done, it’s not easy, but it is possible.” — University of Rhode Island

In an EFNEP class, a group of pregnant teens learned strategies to make healthy food choices and to prepare more meals at home. One participant ate out 2-3 times a day prior to comparing the costs of fast food to cooking at home. After the lessons she began grocery shopping from a list, cooking at home, preparing extra servings, and bringing food with her to work, instead of eating out. She now spends less money on food; eats more fruits and vegetables, and eats more meals at home with her child. — North Carolina A&T University

**CHANGING ADULT BEHAVIOR**

- **DIET/NUTRITION**
  - 90% Percentage of adults improving nutrition practices

- **FOOD SAVINGS**
  - 84% Percentage of adults bettering food resource management practices

- **FOOD SAFETY**
  - 65% Percentage of adults improving food safety practices

- **PHYSICAL ACTIVITY**
  - 39% Percentage of adults increasing their physical activity levels by 30 minutes or more

**INFLUENCING YOUTH**

- 86% Percentage of 98,363 youth increasing knowledge or ability to choose healthy food

- 49% Percentage of 13,706 youth increasing knowledge or ability to prepare low-cost, nutritious foods

**DEMONSTRATING RESULTS**

**IMPROVEMENT IN FOOD GROUPS**

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

| Food Group | Before | After | Needed
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>5.0</td>
<td>5.7</td>
<td>6.0</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1.7</td>
<td>1.4</td>
<td>1.4</td>
</tr>
<tr>
<td>Fruits</td>
<td>2.5</td>
<td>2.0</td>
<td>1.8</td>
</tr>
<tr>
<td>Dairy</td>
<td>3.0</td>
<td>5.9</td>
<td>1.4</td>
</tr>
<tr>
<td>Meat</td>
<td>5.5</td>
<td>5.9</td>
<td>5.7</td>
</tr>
</tbody>
</table>

*This graphic shows recommendations for families age 19-50 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 for MyPlate.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.

*In FY2013, EFNEP piloted new youth evaluation tools. Results are expected to increase once fully implemented. For more information, visit www.afa.usda.gov/efnep or contact solake@lnfa.usda.gov or nchampion@lnfa.usda.gov. USDA is an equal opportunity provider and employer. Revised September 2014.*