Since 2006, EFNEP 1890 universities have reached more than 130,000 low-income families and youth, improving their diets and food-related behaviors. In 2014, EFNEP 1890 universities reached 2,600 adults and 11,189 youth directly and nearly 6,500 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 1890 program operates in more than 65 counties throughout 17 states. Each year, approximately 18,000 new participants complete the program.

REACHING LOW-INCOME FAMILIES
91% of EFNEP participants who reported income are at or below 100% of poverty, earning $23,850 a year or less for a family of four.

REACHING DIVERSE POPULATIONS
At least 82% of all EFNEP adults are minorities.

IMPROVING DIETS
91% of adults improved their diet, including consuming an additional ¾ cup of fruits and vegetables.

SAVING MONEY
EFNEP graduates reported a collective food cost savings of:

$68,426.20
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.

### Demonstrating Results

#### Injury Prevention

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.

<table>
<thead>
<tr>
<th>Percentage of adults improving nutrition practices</th>
<th>Percentage of 7,912 youth increasing knowledge or ability to choose healthy food</th>
</tr>
</thead>
<tbody>
<tr>
<td>91%</td>
<td>88%</td>
</tr>
</tbody>
</table>

#### Food Savings

<table>
<thead>
<tr>
<th>Percentage of adults bettering food resource management practices</th>
<th>Percentage of 1,570 youth increasing knowledge or ability to prepare low-cost, nutritious foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>88%</td>
<td>76%</td>
</tr>
</tbody>
</table>

#### Food Safety

<table>
<thead>
<tr>
<th>Percentage of adults improving food safety practices</th>
<th>Percentage of 7,813 youth improving food safety &amp; preparation knowledge or practices</th>
</tr>
</thead>
<tbody>
<tr>
<td>69%</td>
<td>60%</td>
</tr>
</tbody>
</table>

#### Physical Activity

<table>
<thead>
<tr>
<th>Percentage of adults increasing their physical activity levels by 30 minutes or more</th>
<th>Percentage of 7,895 youth improving physical activity knowledge or practices</th>
</tr>
</thead>
<tbody>
<tr>
<td>55%</td>
<td>54%</td>
</tr>
</tbody>
</table>

Before coming to this class, I used to eat five hamburgers a day. I also added lots of salt to my cooking. I thought since I was cooking it myself, I was doing good. I believed that since I wasn’t overweight, I was healthy. The EFNEP program educated me on some very simple principles about nutrition and healthy living that has made me want to change my lifestyle.”

—University of Maryland, Eastern Shore

The Gaston County North Carolina Cooperative Extension EFNEP youth program provides creative ways to increase fruits, vegetables, and physical activities, and fun hands on recipes. After the 6 week program a third grader shared that he was now eating fruits and vegetables for snacks instead of sodas and cookies and cakes, and that his family is now buying more vegetables. Because of EFNEP this family is now making healthier choices.

—North Carolina A&T State University

During the course of an EFNEP class, a male participant admitted he needed to lose weight. He also shared his health complications. Doctors recommended he improve his eating habits, but he was reluctant to change. As the class progressed, the participant felt empowered to read food labels and shop with a grocery list – skills he had not thought of before. He said that his eating habits were slowly changing. The participant is the caregiver of his grandchildren and wishes to continue to improve his health so he can care for them.

—South Carolina State University

For more information, visit www.nifa.usda.gov/efnep or contact sblake@nifa.usda.gov or hchipman@nifa.usda.gov | USDA is an equal opportunity provider and employer | June 2015