2014 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has reached more than 32 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 2014, EFNEP reached 121,850 adults and 392,563 youth directly and nearly 360,000 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 more than 800 counties throughout the 50 states, six 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 $23,850 a year or less for a family of four.

REACHING DIVERSE POPULATIONS

At least 72% of all EFNEP adults are minorities.

IMPROVING DIETS

94% of adults improved their diet, including consuming an additional ½ cup of fruits and vegetables.

SAVING MONEY

EFNEP graduates reported a collective food cost savings of:

$1,030,712.19
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.

**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.

**Percentage of adults improving nutrition practices**

- Grains: 89%
- Vegetables: 86%
- Fruits: 50%
- Dairy: 48%
- Meat: 66%

**Percentage of 19,041 youth increasing knowledge or ability to prepare low-cost, nutritious foods**

- Grains: 89%
- Vegetables: 86%
- Fruits: 50%
- Dairy: 48%
- Meat: 66%

**Percentage of adults increasing their physical activity levels by 30 minutes or more**

- Grains: 89%
- Vegetables: 86%
- Fruits: 50%
- Dairy: 48%
- Meat: 66%

**Percentage of 162,489 youth improving food safety & preparation knowledge or practices**

- Grains: 89%
- Vegetables: 86%
- Fruits: 50%
- Dairy: 48%
- Meat: 66%

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**Why It Works**

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**Data graphic:**

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**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 | March 2015**