



# 2010 IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

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 2010, EFNEP reached 137,814 adults and 463,530 youth directly and nearly 400,000 family members indirectly.

## DEFINING THE PROBLEM

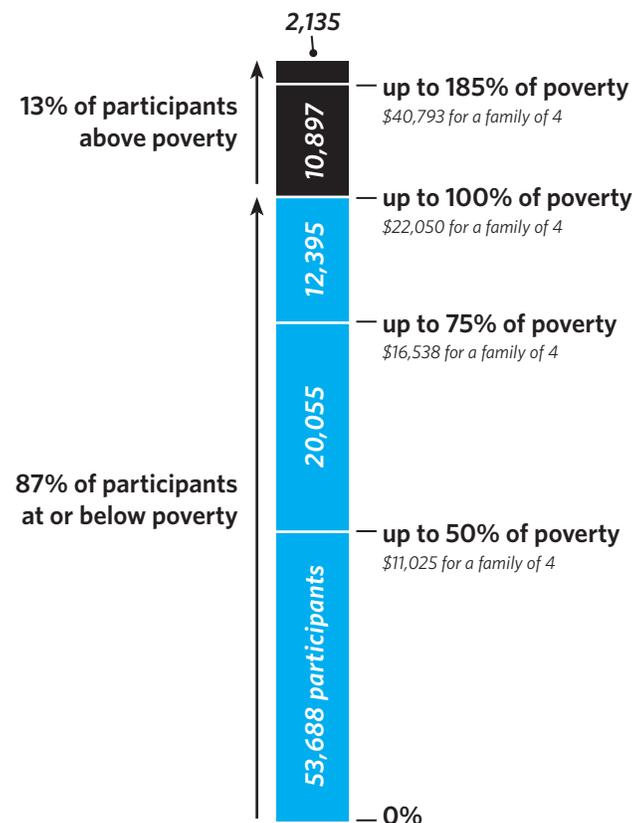
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

## 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.

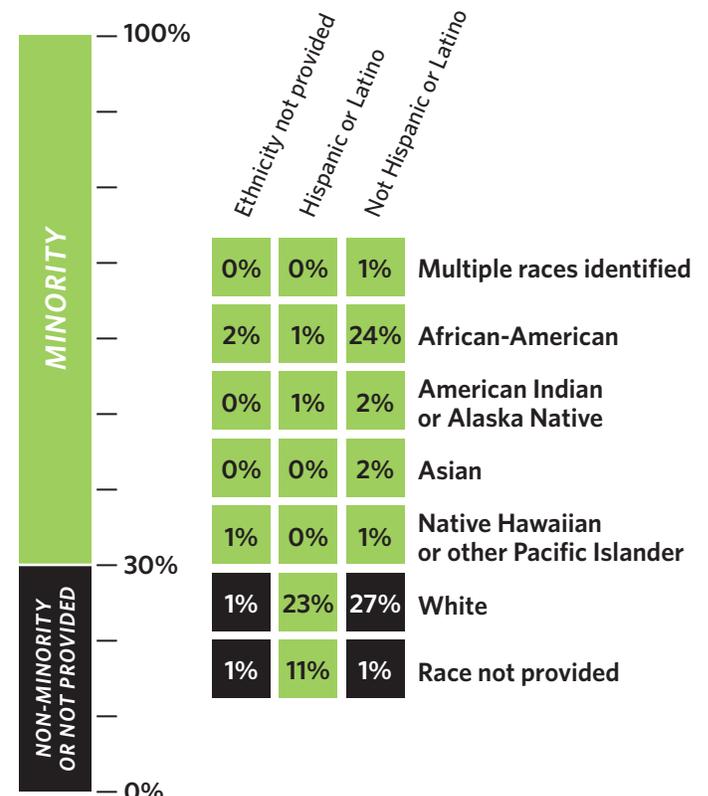
## REACHING LOW-INCOME FAMILIES

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.



## REACHING DIVERSE POPULATIONS

At least 70% of all EFNEP adults are minorities.



"The EFNEP nutrition and budgeting classes have been a challenge for me!...During my first class I thought, 'I have no idea what she (the EFNEP nutrition assistant) is talking about—portions, ounces, food groups?' During my second class she asked me a question about measurement—ounces, cups, sizes, and portions—and 'how was I going to be able to feed my baby without knowing the basic info?' It was at [that] moment that it really shocked me and I realized, 'I really need this class!' Today I am very happy; I quit drinking sodas, I eat breakfast everyday... I am taking my lunch to work. I learned how to measure a cup for my baby's bottle—and what surprised me more—I found myself in the kitchen...doing what? Cooking! That was a big surprise."  
*EFNEP Participant, Kansas*

An EFNEP paraprofessional visited an EFNEP graduate's house; when the door opened she saw a much different woman than she remembered. The young Hispanic woman had put into practice all the new concepts she learned in EFNEP classes. She had started eating appropriate portion sizes, increased her fruit, vegetable, and whole grain consumption, and began exercising. As a result of this change in dietary habits and lifestyle, the EFNEP graduate had lost 50 pounds. She reports feeling great, having more energy, feeling less stressed, and liking herself more.  
*EFNEP Paraprofessional, Virginia*

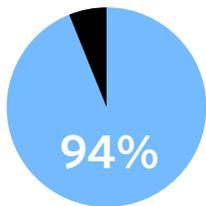
EFNEP "was a great opportunity for me because I am making changes in my nutrition. I am putting more vegetables into my dishes, without fat and without salt. I am eating whole grains and portions from the five food groups...and, above all, doing physical activity at least 30 minutes. I also go to the super-market with a shopping list...I'm not buying what the store sells me, but rather what we really need to eat nutritiously...Now my whole family eats more vegetables and fruits."  
*EFNEP Participant, Nevada (translated from Spanish)*

## CHANGING ADULT BEHAVIOR

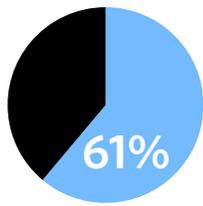
## INFLUENCING YOUTH

## DEMONSTRATING RESULTS

DIET QUALITY

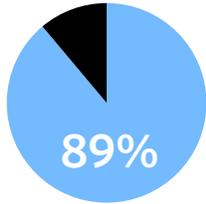


Percentage of adults improving **diet**, including consuming an **extra cup of fruits and vegetables**

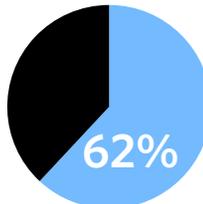


Percentage of 101,237 youth now eating a **variety of foods**

NUTRITION

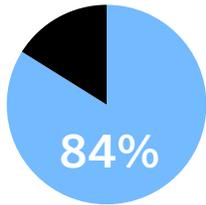


Percentage of adults improving **nutrition** practices

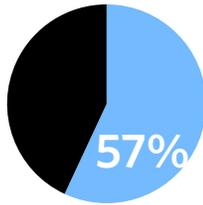


Percentage of 132,250 youth increasing **essential human nutrition** knowledge

FOOD SAVINGS

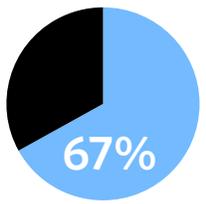


Percentage of adults bettering **food resource management** practices

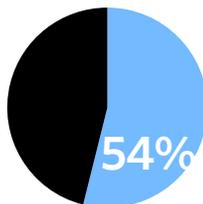


Percentage of 103,943 youth increasing ability to select **low-cost, nutritious foods**

FOOD SAFETY



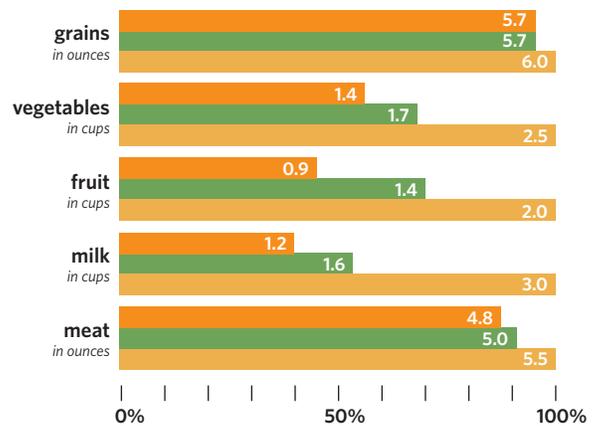
Percentage of adults improving **food safety** practices



Percentage of 124,622 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.



■ amount consumed before EFNEP  
■ amount consumed after participation in EFNEP  
■ amount needed to meet My Pyramid recommendations\*

\* 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.