



EFNEP - The Expanded Food and Nutrition Education Program

In 2006, EFNEP reached **150,270 Adults and 409,389 Youth** directly and **more than 1/2 million Family Members** indirectly. EFNEP leads to improved diets and improved food related behavior among adult and youth program participants.

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 and 6 territories. Each year more than 500,000 new participants complete the program.

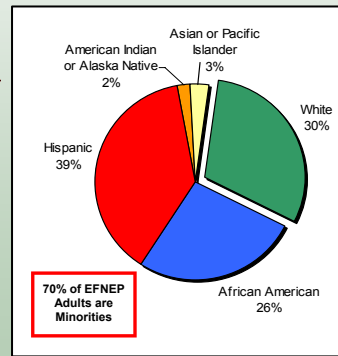
USING EFFECTIVE METHODS

EFNEP educators follow a research-based learning model which allows them to effectively reach and educate program participants. Educators are:

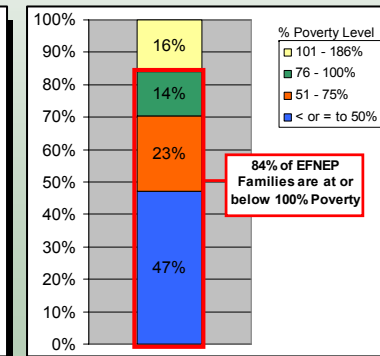
- Members of the communities they support,
- Trained/supervised by university and county based faculty,
- Skilled in using hands-on, interactive teaching methods,
- Committed to delivering sound instruction,
- Able to influence behavior change/impact the lives of those they teach, and
- Dedicated to reaching diverse, low-income populations.

REACHING THOSE IN NEED

EFNEP Reaches Diverse Populations



EFNEP Reaches Low Income Families



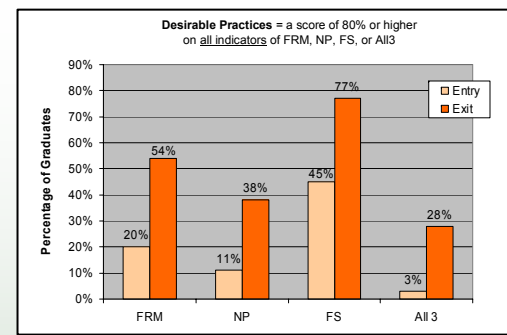
For more information: visit www.csrees.usda.gov/efnep or contact sblake@csrees.usda.gov or hchipman@csrees.usda.gov



EFNEP - 2006 Impact Data

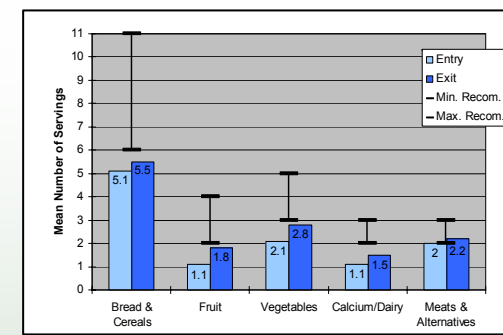
COMPARING ADULT ENTRY AND EXIT DATA: EVIDENCE OF SUCCESS

Success in Increasing Desirable Practices



- Data reflects info. reported through Behavior Checklists at entry & exit by 93,113 adult grads
 - FRM: Food Resource Management; NP: Nutrition Practices; FS: Food Safety; All3: FRM, NP, & FS

Success in Increasing Numbers of Servings



- Data reflects info. reported through Diet Recalls at entry & exit by 92,067 adult grads
 - Minimum and Maximum values based on Food Pyramid Recommended servings per food group, the standard at the time of data collection

CHANGING ADULT BEHAVIOR

- **91.5%** of adults reported improved dietary intake, including an **increase of about 1.4 servings per day** of fruits and vegetables
- **88% improved** their Nutrition Practices (NP), **83% bettered** their Food Resource Management (FRM) practices, and **66% improved** their Food Safety (FS) practices
- **At entry, 19.7%** of adults reported consumption of at least 1/2 of the recommended servings for each food group. **At exit, after completing EFNEP, this percentage increased to 41.0%.**

INFLUENCING YOUTH

- **71%** of 93,407 youth **now** eat a variety of foods
- **69%** of 118,852 youth **increased** knowledge of the essentials of human nutrition
- **63%** of 105,550 youth **improved** practices in food preparation and food safety
- **61%** of 86,858 youth **increased** ability to select low-cost, nutritious foods

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