



## 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.

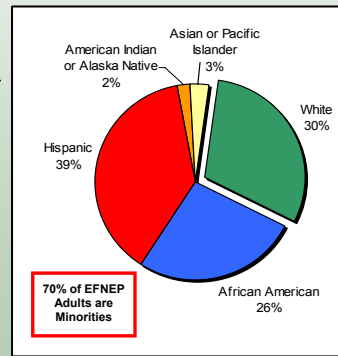
### USING EFFECTIVE METHODS

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

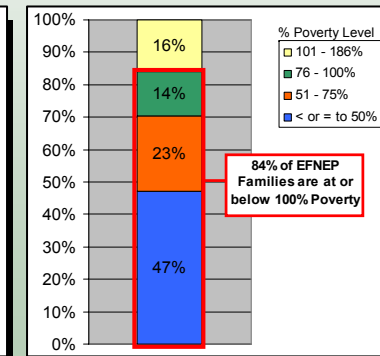
- Members of the communities they support,
- Trained/supervised by university and county based faculty,
- Skilled in using hands-on, interactive teaching methods,
- Committed to delivering sound instruction,
- Able to influence behavior change/impact the lives of those they teach, and
- Dedicated to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

### REACHING THOSE IN NEED

EFNEP Reaches Diverse Populations



EFNEP Reaches Low Income Families



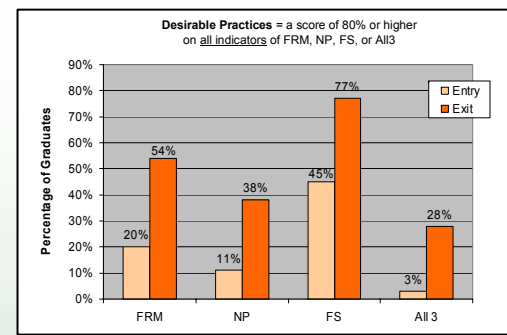
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## EFNEP - 2006 Impact Data

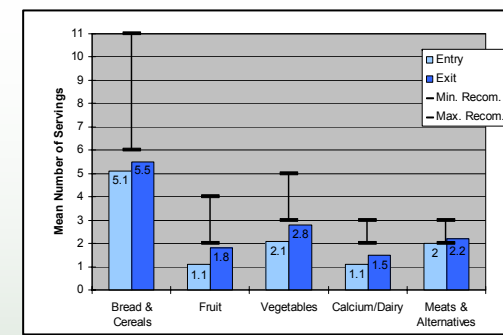
### COMPARING ADULT ENTRY AND EXIT DATA: EVIDENCE OF SUCCESS

#### 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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