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 2012, EFNEP reached 130,485 adults and 479,398 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
85% of EFNEP participants who reported income are at or below 100% of poverty, earning $22,350 a year or less for a family of four.

REACHING DIVERSE POPULATIONS
At least 73% of all EFNEP adults are minorities.
**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.

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**DEMONSTRATING RESULTS**

**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 huge need for nutrition education.

<table>
<thead>
<tr>
<th></th>
<th>Amount Consumed Before EFNEP</th>
<th>Amount Consumed After EFNEP</th>
<th>Amount Needed to Meet MyPlate Recommendations*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>5.5</td>
<td>5.7</td>
<td>5.7</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2.5</td>
<td>2.0</td>
<td>3.0</td>
</tr>
<tr>
<td>Fruit</td>
<td>1.3</td>
<td>1.5</td>
<td>2.0</td>
</tr>
<tr>
<td>Dairy</td>
<td>1.2</td>
<td>1.5</td>
<td>3.0</td>
</tr>
<tr>
<td>Meat</td>
<td>5.0</td>
<td>9.1</td>
<td>6.5</td>
</tr>
</tbody>
</table>

*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 MyPlate.gov).

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**CHANGING ADULT BEHAVIOR**

- **Diet Quality:** 95% of adults improving diet, including consuming an extra cup of fruits and vegetables.
- **Nutrition:** 90% of adults improving nutrition practices.
- **Food Savings:** 85% of adults bettering food resource management practices.
- **Food Safety:** 66% of adults improving food safety practices.

**INFLUENCING YOUTH**

- **Diet Quality:** 63% of 140,572 youth now eating a variety of foods.
- **Nutrition:** 65% of 171,274 youth increasing essential human nutrition knowledge.
- **Food Savings:** 62% of 126,334 youth increasing ability to select low-cost, nutritious foods.
- **Food Safety:** 59% of 148,746 youth improving food safety and preparation practices.

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**An EFNEP graduate reported that before she started the nutrition classes she was very depressed because of her weight and health issues. After completing EFNEP, she lost a total of 19 lbs. and felt more energetic. In addition, she was able to reduce her blood pressure medications.**

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**When I arrived to teach nutrition, the kids were always eating candy and drinking soda from the snack bar. I talked with the staff and the Director about it and eventually a few nutritious items were added, but the candy always sold first. After going over label reading, we took the youth shopping. They were amazed at the high sodium, sugar, and fat of snack bar items. They, by themselves, eliminated items from the list because they weren’t nutritious. They voted to make the snack bar a candy/soda free zone and the Director supported it. These young people are making healthy choices and developing healthy habits.**

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**A legally blind married couple saved $200 a month by cooking at home and avoiding processed foods and take out. Both learned basic cooking skills and basic nutrition through the exceptional instruction of the EFNEP paraprofessional. The couple purchased an electric skillet with a Braille control knob to continue making the recipes they learned. They make eggs for breakfast instead of eating packaged breakfast bars and homemade stew is their new favorite dish.**