

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

The NIFA's Expanded Food and Nutrition Education Program (EFNEP) is a unique program that currently operates in all 50 states and in American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands. It is designed to assist limited-resource audiences in Acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

OHIO'S CHALLENGE

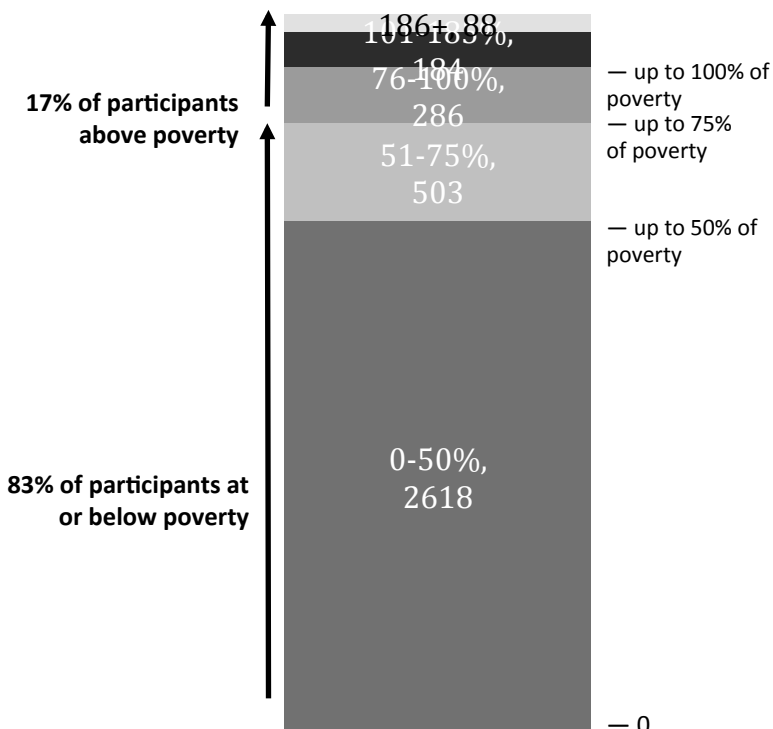
In 2012, an estimated 1.7 million Ohioans were determined "poor," 15% of the 11.6 million Ohioans living in poverty. Obesity, poor nutrition, and physical inactivity disproportionately affect minority and low income citizens.

HOW OHIO EFNEP HELPS

Through an experiential learning process, adult program participants learn how to make food choices which can improve the nutritional quality of the meals they serve their families. EFNEP provides nutrition education at schools as an enrichment of the curriculum, in after-school care programs and through 4-H EFNEP clubs, day camps, residential camps, community centers, neighborhood groups, and home gardening workshops.

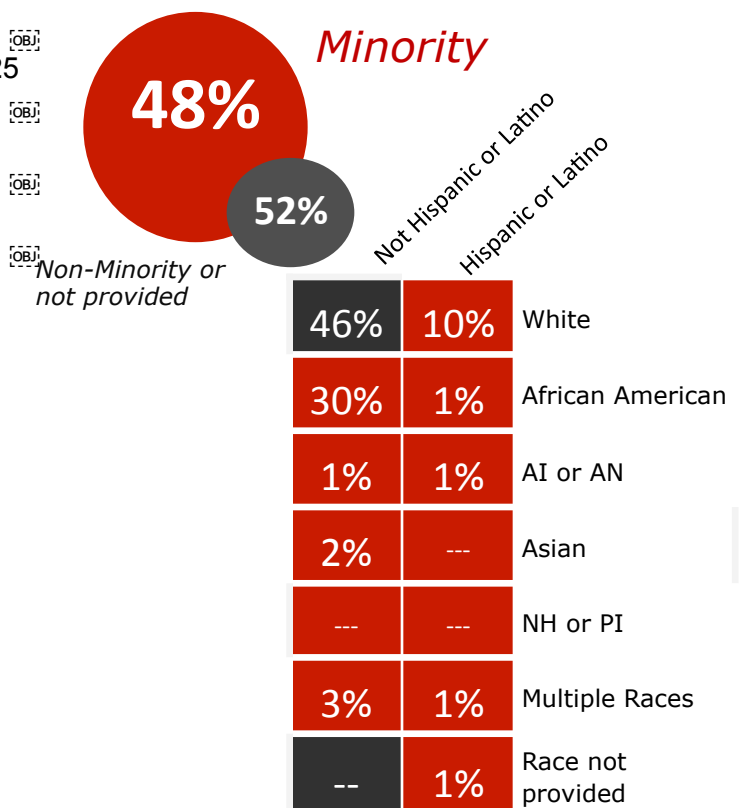
Reaching Low Income Families

EFNEP reached 4,433 families in fiscal year 2014 of which, 2,757 graduated from the program. The average family had 2 children, which added to other adults in the home, resulted in a total impact on 18,025 individuals.



Reaching Diverse Populations

At least 48% of all EFNEP adults are minorities.



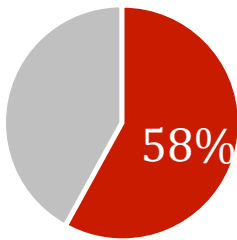
“A participant was so excited to let me know she still had \$50 left on her EBT card after getting her groceries for the month! She said that she will continue to plan her meals and shop with her grocery list to maximize her EBT monies each month and so she can save her cash for other important items for her family.”

“A young mother struggling with drug addiction and depression started doing at least 30 minutes of physical activity each day after learning about all of the benefits. She could tell that it made a positive impact on her mood, decreased her depression and greatly increased her energy level.”

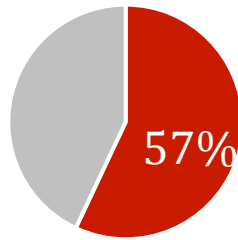
“Along with EFNEP’s support, the Cleveland City Council passed a resolution adopting the Healthy Cleveland Nutrition Guidelines. Since the creation of the Guidelines and passing of the resolution, food purchased, donated, prepared, and served at the City of Cleveland buildings, local community centers, food banks and food pantries has been changing for the better.”

Changing Adult Behavior

Diet Quality

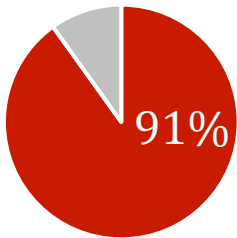


Percentage of adults with positive change in **vegetable** consumption

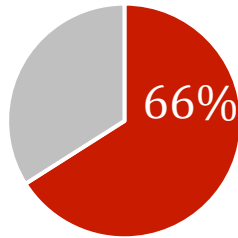


Percentage of adults with decreased **solid fat and added sugar** consumption

Nutrition

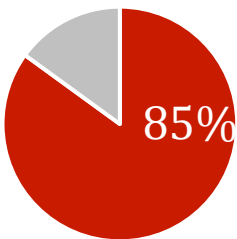


Percentage of adults improving **nutrition** practices

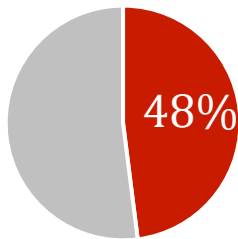


Percentage of adults who more often **read nutrition facts labels**

Food Savings

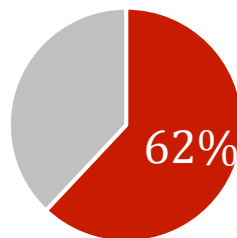


Percentage of adults improving **food resource management**

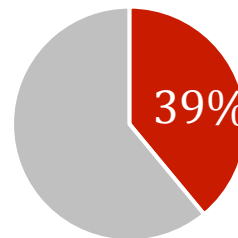


Percentage of adults used more often **used a list** for shopping

Food Safety



Percentage of adults improving **food safety**

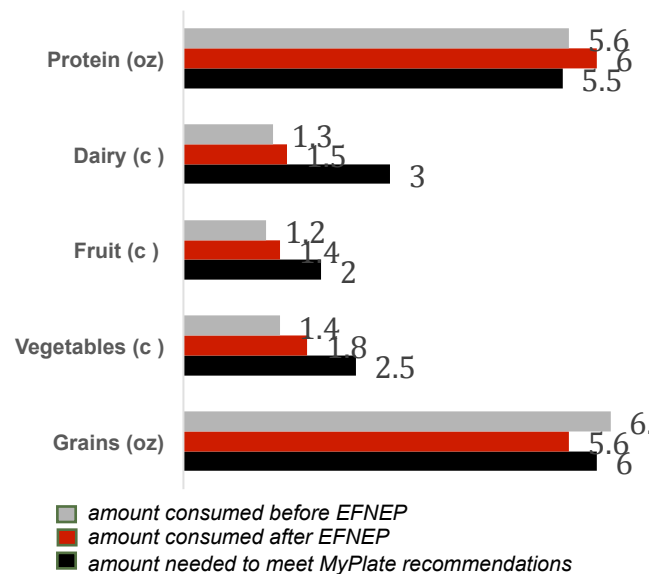


Percentage of adults with positive change in **physical activity**

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 great need for nutrition education.



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.



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES