

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

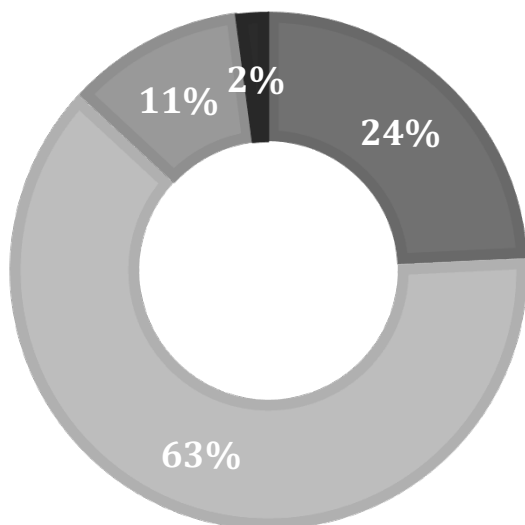
In 2012, an estimated 1.8 million Ohioans were determined "poor," 16% of the 11.6 million Ohioans. It is known that obesity, poor nutrition, and physical inactivity disproportionately affect minority and low income citizens.

HOW OHIO EFNEP HELPS

EFNEP provides nutrition education at schools as an enrichment to daily classroom curriculum. Classes are also taught in after-school care programs and through 4-H EFNEP clubs, day camps, residential camps, community centers, neighborhood groups, and home gardening workshops.

Reaching Youth of All Ages

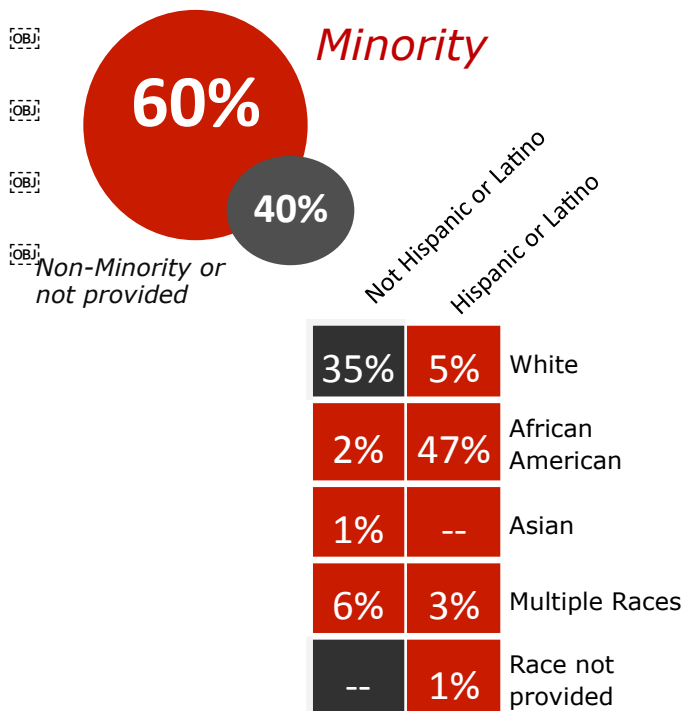
A total of 9,190 youth were reached, of which 6,593 were assessed. A total of 430 classrooms were taught an average of 6 lessons on nutrition and physical activity.



■ K-2 ■ 3rd-5th ■ 6th-8th ■ 9th-12th

Reaching Diverse Populations

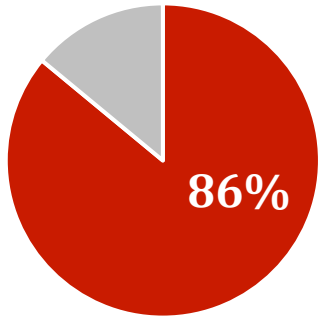
At least 60% of all EFNEP youth are minorities.



Influencing Youth

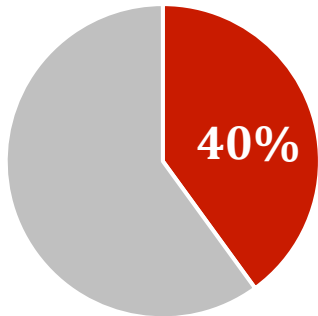
Demonstrating Results

Diet Quality



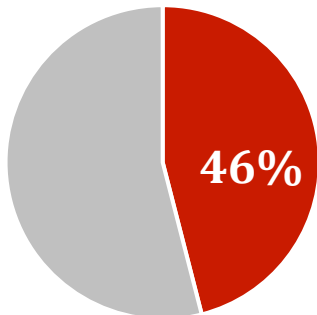
Percentage of youth improving **diet quality**

Physical Activity



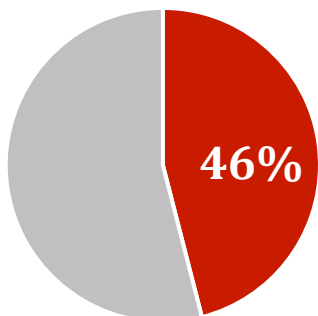
Percentage of youth improving **physical activity**

Food Savings



Percentage of youth improving **food resource management**

Food Safety



Percentage of youth improving **food safety**

“A young lady, at the site, stated she was eating more fruits and vegetables and she was eating healthier snacks instead of junk food and candy.

She desired to become healthier and her first goal was to start eating healthier snacks, trying to make most of them fruits and or vegetables instead of candy and chips.”

“A youth participant said, ‘My mom didn’t believe me when I said they (all milk) had the same vitamins. But when we went to the store, we compared the labels.’ The student asked her mom to buy the lower fat milk because she learned it was a healthier choice than drinking whole. The entire family benefited from this newly acquired information by reducing their fat consumption.”

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