

2015 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

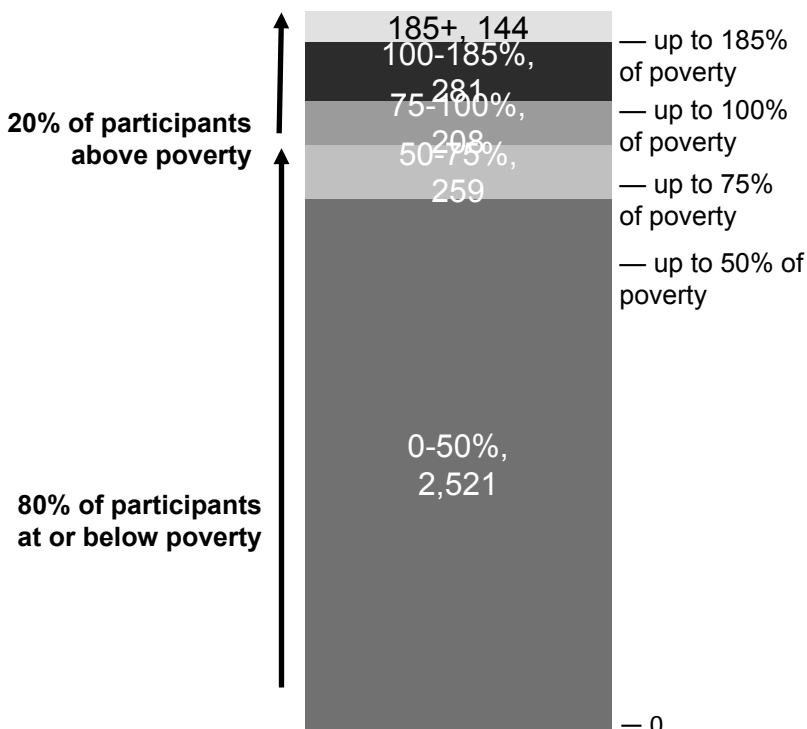
In 2013, an estimated 1.7 million Ohioans were determined "poor," 16% or 11.6 million Ohio families were living in poverty. Obesity, poor nutrition, and physical inactivity disproportionately affect minority and low income citizens.

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 clubs, day camps, residential camps, community centers, neighborhood groups, and home gardening workshops.

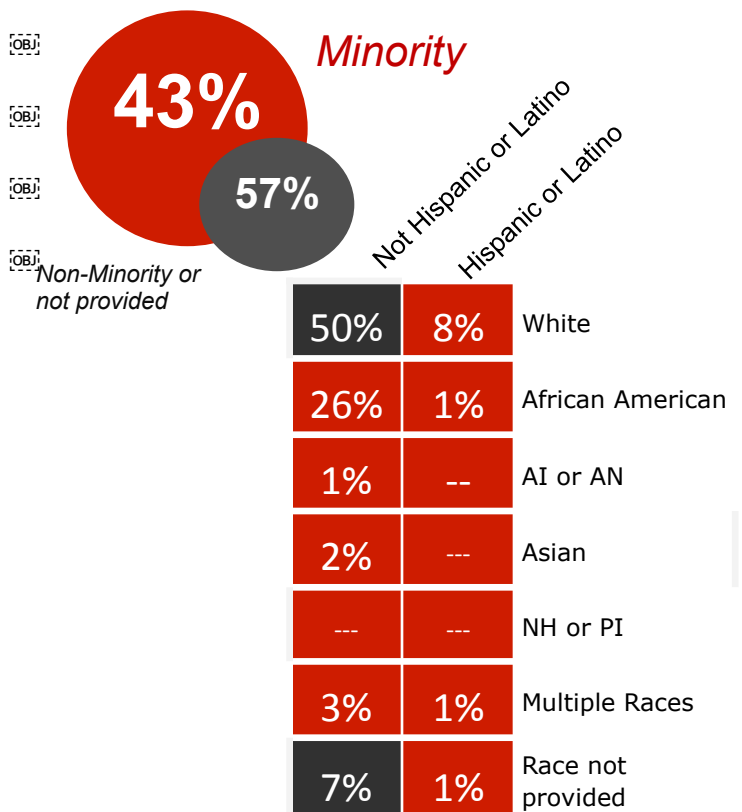
Reaching Low Income Families

EFNEP reached 3,767 families in fiscal year 2015 of which, 2,436 graduated from the program. The average family had 4 children resulting in a total impact on 15,058.



Reaching Diverse Populations

At least 42% of all EFNEP adults are minorities.



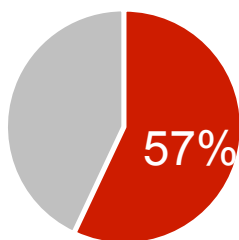
After Mrs. X participated in EFNEP, she stopped frying her food and substituted healthier methods to prepare meals for her family, such as baking. She also increased her vegetables and fruit intake and decreased snacks with empty calories. Mrs. X feels better, has more energy, and her grandson has started to eat an apple or banana for a mid-day snack instead of a bag of potato chips or a candy bar.

R.P. came to class each week to share with the class the changes that he and his family made. "I pay more attention now to not only what I eat, but what I feed my family when I cook." He is frying food less and has added more whole grains, fruits, and vegetables to his diet. He switched out white rice for brown rice and seasons with less salt while finding more flavorful alternatives that are salt free.

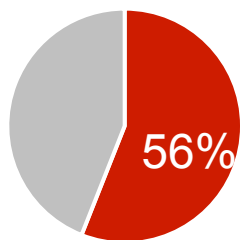
Many participants have not had a lot of success in their lives. At the completion of EFNEP classes, one participant was excited to be able to receive a certificate. He did not graduate high school or have his GED. He told the class that this was the first time he has ever completed anything in his life. He felt very accomplished after the class and thanked the PA for teaching the EFNEP classes.

Changing Adult Behavior

Diet Quality

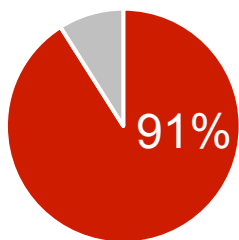


Percentage of adults with positive change in vegetable consumption

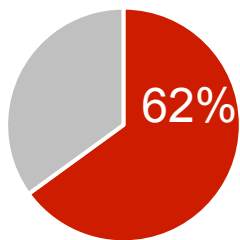


Percentage of adults with decreased **solid fat and added sugar** consumption

Nutrition

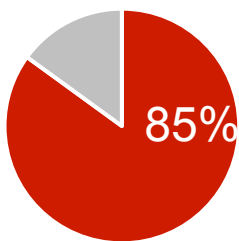


Percentage of adults improving **nutrition** practices

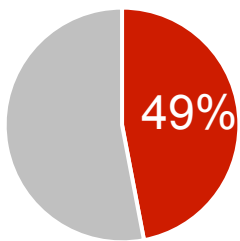


Percentage of adults who more often **read nutrition facts labels**

Food Savings

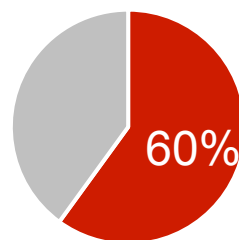


Percentage of adults improving **food resource management**

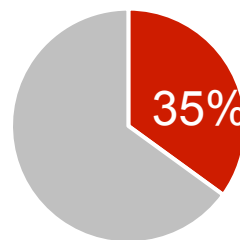


Percentage of adults more often **used a list** for shopping

Food Safety



Percentage of adults improving **food safety**

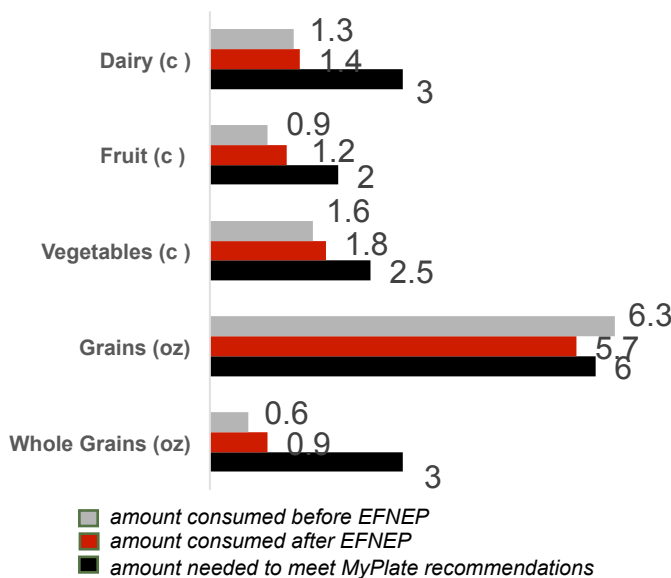


Percentage of adults with positive change in **physical activity**

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