

## 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.

### STATE'S CHALLENGE

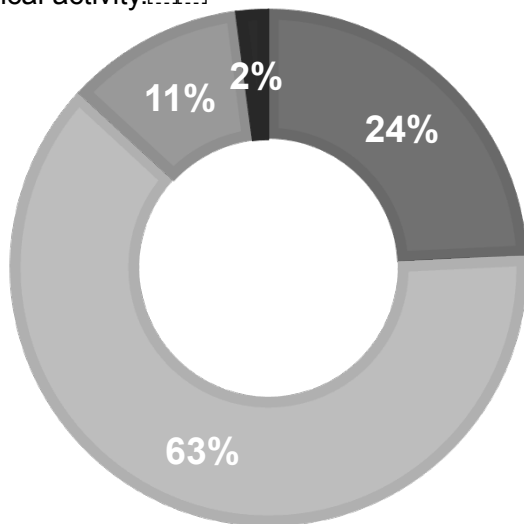
In 2013, an estimated 1.7 million Ohioans were determined "poor," 16% or 11.6 million Ohio families were living in poverty. Obesity, poor nutrition, and physical inactivity disproportionately affect minority and low income citizens.

### HOW STATE 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 Youth of All Ages

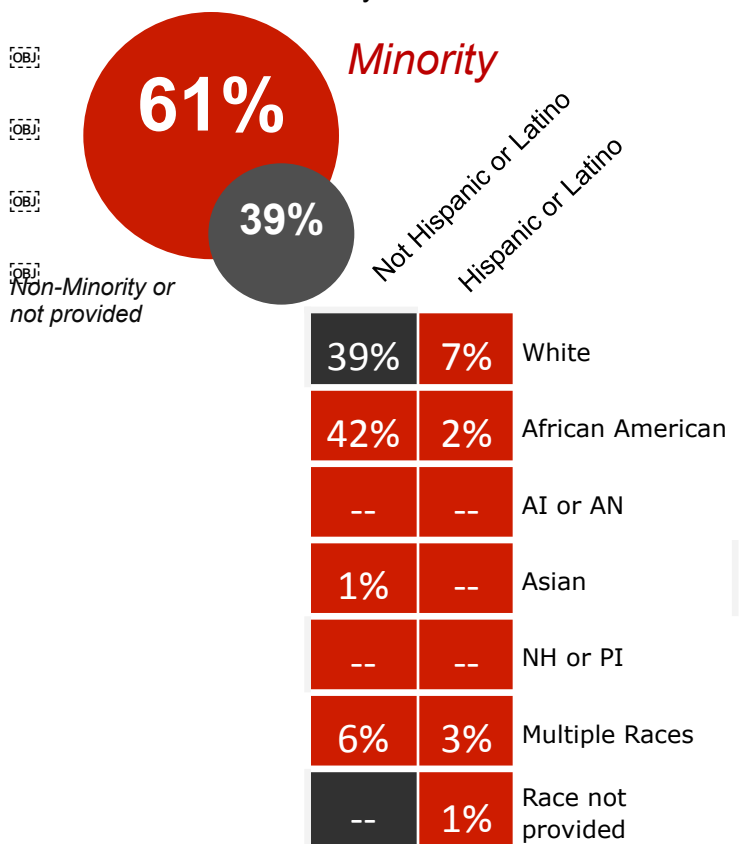
A total of 10,766 youth were reached, of which 8,213 were assessed. A total of 512 classrooms were taught an average of 5.9 lessons on nutrition and physical activity.



■ K-2 ■ 3rd-5th ■ 6th-8th ■ 9th-12th

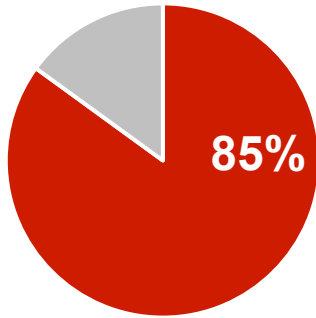
### Reaching Diverse Populations

At least 61% of all EFNEP youth are minorities.



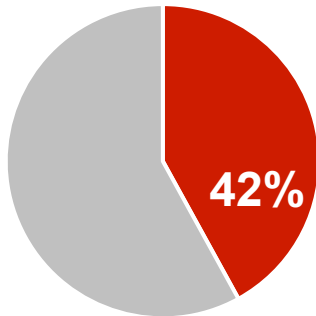
## Influencing Youth

### Diet Quality



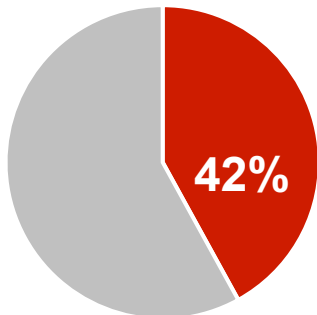
Percentage of youth improving **diet quality**

### Physical Activity



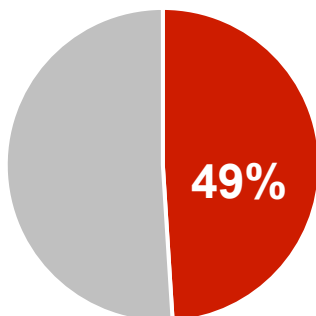
Percentage of youth improving **physical activity**

### Food Savings



Percentage of youth improving **food resource management**

### Food Safety



Percentage of youth improving **food safety**

## Demonstrating Results

At the end of the fruits and vegetable lesson, I passed out bowls of the cauliflower salad. Everyone in the class tried it and most of the students loved it. I was asked by a few students and the leader of the group to write down the ingredients so that anyone can make it at home. I wrote down the ingredients and told them that you just cut everything and mix it all up. The kids who were interested were very excited about it and thankful for having the opportunity to try it with me.

A teacher noted an improvement in classroom management after her class participated in EFNEP. She said she was incorporating exercise activities from the EFNEP program into their daily routine, and the students were responding well. After participating in the EFNEP program, a number of students were indicating an increased willingness to engage in physical activity, both at home and in the classroom.

## 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.