



The Expanded Food and Nutrition Education Program (EFNEP)



EFNEP = Improved Health + Cost Savings

Obesity, poor health, and limited physical activity are major health concerns. EFNEP improves the health and well-being of limited resource families and youth. Additionally, EFNEP leads to public savings. Research shows that better health is associated with reduced health care costs, less absenteeism from work, and less dependence on emergency food assistance.



United States Department of Agriculture
Cooperative State Research, Education, and Extension Service
Families, 4-H, and Nutrition

EFNEP operates through the 1862 and 1890 Land-Grant Institutions in every state and in the six U.S. territories. Using a research-based, interactive approach, peer educators from the communities they support reach over ½ million limited-resource families and youth each year. More than 80 percent of EFNEP families report living at or below 100 percent of poverty, and nearly 70 percent indicate being of minority status. This is important because poor health disproportionately affects minority and limited-resource audiences.



EFNEP consistently demonstrates strong results. Annual data confirms graduates:

Improve their diets

92 percent report more closely following MyPyramid recommendations, including an increase of about 1.4 servings of fruits and vegetables

Improve their nutrition practices

88 percent improve nutrition practices, such as making healthier food choices and reading nutrition labels

Stretch their food dollars farther

83 percent improve food resource management practices, such as planning meals and shopping with a grocery list

Handle food more safely

66 percent improve food safety practices, such as storing and thawing food properly

Increase their physical activity rates

40 percent more often do at least 30 minutes of moderate physical activity each day

For more information visit:
www.csrees.usda.gov/efnep