

UF/IFAS Extension

Expanded Food & Nutrition Education Program (EFNEP)

State Impacts

CHANGING ADULT BEHAVIOR



Percentage of adults improving **nutrition** practices.



Percentage of adults bettering **food resource management**.

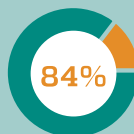


Percentage of adults improving **food safety** practices.

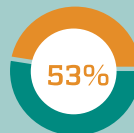


Percentage of adults increasing their **physical activity** levels by 30 minutes or more.

INFLUENCING YOUTH



Percentage of youth increasing knowledge or ability to choose **healthy food**.



Percentage of youth improving **physical activity** knowledge or practices.

REACHING LIMITED-RESOURCE FAMILIES

86%

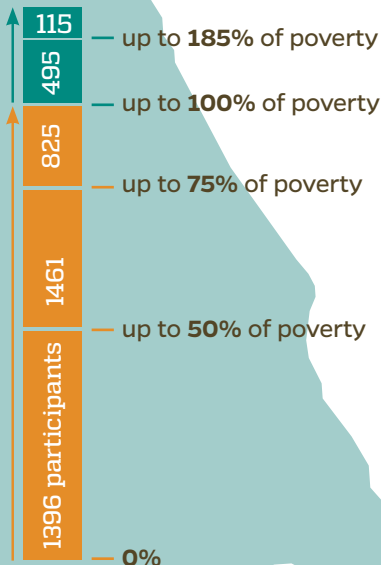
of EFNEP participants who reported income are at or below 100% of poverty, earning

\$24,250
a year or less

for a family of four.

14% of families above poverty

86% of families below poverty



7,396 youth

5,136 adults

19,415 family members

In 2015, EFNEP reached **5,136 adults** and **7,396 youth** directly and nearly **19,415 family members** indirectly.

50% White/Caucasian

38% Black/African American

31% Hispanic

95%

95% of adults improved diet quality. An average increase of **1 cup of fruits and vegetables per day** was reported.

2.6 cups in 2014

3.6 cups in 2015

2014

2015

2,650 adults in 2015 reported being more food secure upon program completion versus only 2,387 in 2014.

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UNIVERSITY of FLORIDA

UF/IFAS EXTENSION EFNEP

1408 Sabal Palm Dr. 2nd Floor, Gainesville, FL 32611

Phone: (352) 273-3547 · efnep.ifas.ufl.edu

EFNEP is a nutrition education program funded through the US Department of Agriculture - National Institute of Food and Agriculture. The mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety, and physical activity.

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.

Sources: <http://www.floridacharts.com/FLQUERY/Death/DeathCount.aspx>; <http://www.floridacharts.com/charts/SpecReport.aspx?RepID=1237&tn=31>

