UF/IFAS Extension
Expanded Food & Nutrition Education Program (EFNEP)
State Impacts

**CHANGING ADULT BEHAVIOR**

- 93% of adults improving nutrition practices.
- 91% of adults bettering food resource management.
- 76% of adults improving food safety practices.
- 45% of adults increasing their physical activity levels by 30 minutes or more.

**REACHING LIMITED-RESOURCE FAMILIES**

- 14% of families above poverty
- 14% of families below poverty
- up to 185% of poverty
- up to 100% of poverty
- up to 75% of poverty
- up to 50% of poverty
- 0%
- 115 participants
- 495 participants
- 825 participants
- 1461 participants
- 1396 participants

- 50% White/Caucasian
- 38% Black/African American
- 31% Hispanic

- 7,396 youth
- 19,415 family members
- 5,136 adults

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

**INFLUENCING YOUTH**

- 84% of youth increasing knowledge or ability to choose healthy food.
- 53% of youth improving physical activity knowledge or practices.

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

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

- 2.6 cups in 2014
- 3.6 cups in 2015

- 5% of youth increasing knowledge or ability to choose healthy food.