

# EFNEP BY THE NUMBERS

3,096 adults and 5,620 youth graduated from the EFNEP educational series



## FOOD CHOICES

..... Statewide Problem .....

**82%** eat fewer than five fruits and vegetables per day<sup>2</sup>

**95%**

Adults

**85%**

Youth



IMPROVED FOOD CHOICES

## FOOD SECURITY

..... Statewide Problem .....

**14%** are food insecure<sup>1</sup>

**52%**

Adults



IMPROVED THEIR FOOD SECURITY

**\$468 = AVERAGE COST SAVINGS PER YEAR**

## FOOD RESOURCE MANAGEMENT

..... Statewide Problem .....

**49%** reported cooking five dinners a week at home<sup>4</sup>

**84%**

Adults



**49%**

Youth

IMPROVED FOOD RESOURCE MANAGEMENT PRACTICES

## FOOD SAFETY

..... Statewide Problem .....

**17%** get sick from foodborne illnesses<sup>3</sup>

**85%**

Adults



**54%**

Youth

IMPROVED FOOD SAFETY PRACTICES

## PHYSICAL ACTIVITY

..... Statewide Problem .....

**65%** do not meet physical activity recommendations<sup>2</sup>

**85%**

Adults



**56%**

Youth

IMPROVED THEIR PHYSICAL ACTIVITY LEVELS

1. [https://www.feedingamerica.org/sites/default/files/research/map-the-meal-gap/2016/overall/FL\\_AllCounties\\_CDs\\_MMG\\_2016.pdf](https://www.feedingamerica.org/sites/default/files/research/map-the-meal-gap/2016/overall/FL_AllCounties_CDs_MMG_2016.pdf)

2. <http://www.floridacharts.com>

3. <https://www.cdc.gov/foodborneburden/2011-foodborne-estimates.html>

4. <http://dihealtheconomist.com/media/prevalence-and-patterns-of-cooking-dinner-at-home.pdf>