

2016 WASHINGTON STATE IMPACTS: THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has improved the diets and food-related behaviors of program participants. Each year EFNEP enrolls more than half a million new program participants. In 2016, EFNEP reached 1,184 adults and 1,149 youth directly and over 4,700 family members indirectly in Washington state.

DEFINING THE PROBLEM

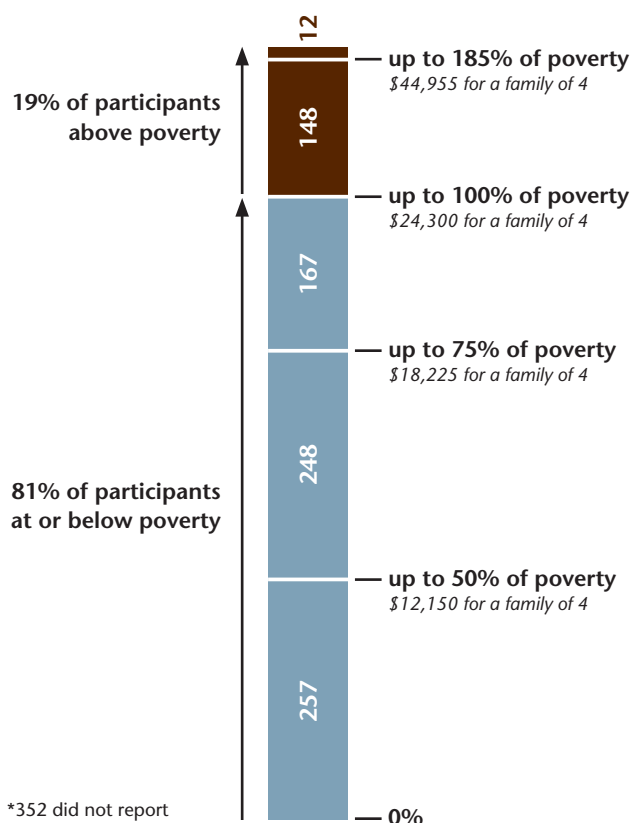
Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

INVESTING IN THE SOLUTION

EFNEP brings together federal, state, and local resources to target two primary audiences: low-income families with young children and low-income youth. The program operates in 5 counties in Washington state. Each year, more than 2,000 new participants complete the program.

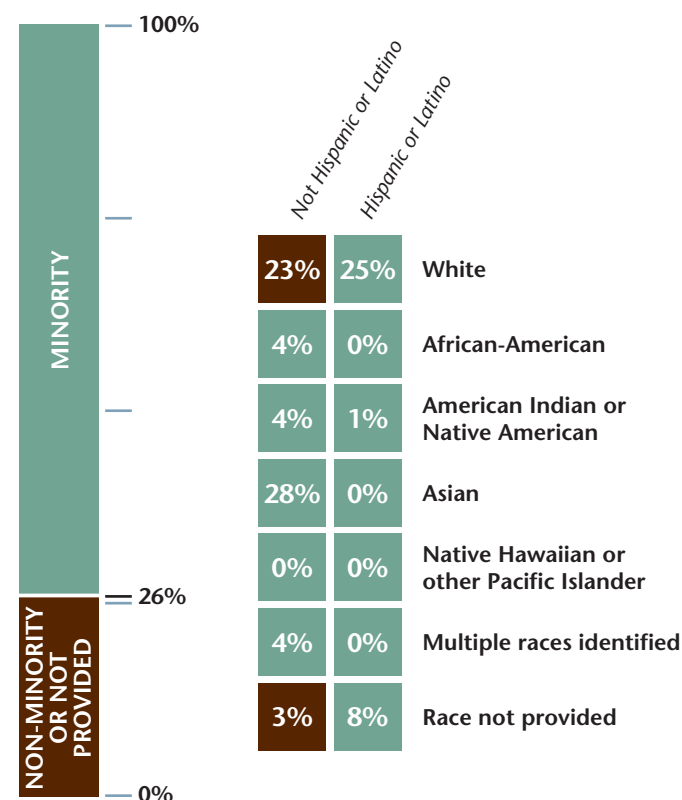
REACHING LOW-INCOME FAMILIES

84% of EFNEP participants *who reported income** are at or below 100% of poverty, earning \$24,300 a year or less for a family of four.



REACHING DIVERSE POPULATIONS

Over 70% of *all* EFNEP adults are minorities.



"I feel really good with the positive changes I have made. I drink more water and I mix in more vegetables in every meal. As a family, we are going to the park 3-4 times a week and enjoying being active together. We are eating less foods with added sugars and fats. I also saved about \$100/month at the grocery store! I feel more confident as a mom, less stressed and more relaxed."

~Yakima County



"I changed from whole milk to low-fat milk. I am cooking with less fat. We are eating less meat and more vegetables. We drink more water and are getting more physical activity. I feel like a new whole person! I feel better inside and outside. I have more energy, my body aches less and also my thinking is more clear!"

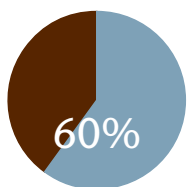
~Pierce County

CHANGING ADULT BEHAVIOR

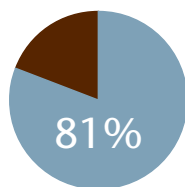
INFLUENCING YOUTH

DEMONSTRATING RESULTS

DIET QUALITY

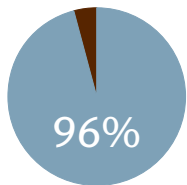


Percentage of adults improving diet, consuming an extra ½ cup of fruits and vegetables

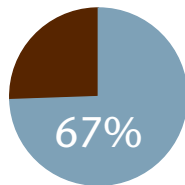


Percentage of youth now eating a variety of foods

NUTRITION

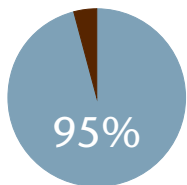


Percentage of adults improving nutrition practices

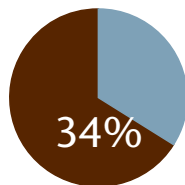


Percentage of youth increasing essential human nutrition knowledge

FOOD SAVINGS

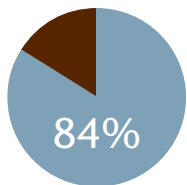


Percentage of adults bettering food resource management practices

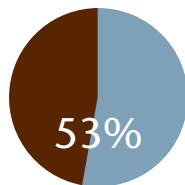


Percentage of youth increasing physical activity

FOOD SAFETY

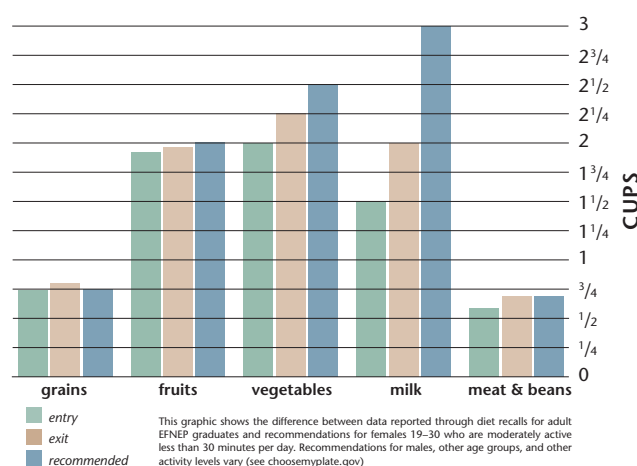


Percentage of adults improving food safety practices



Percentage of youth improving food safety and preparation practices

IMPROVEMENT IN FOOD GROUPS



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



United States
Department of
Agriculture

National Institute
of Food and
Agriculture

www.nifa.usda.gov/efnep