Since 1969, EFNEP has improved the diets and food-related behaviors of program families. Each year, the national EFNEP effort reaches over half a million people. In 2018, EFNEP reached 1,106 adults and 2,042 youth directly and over 4,400 family members indirectly in Washington State.

Obesity, poor nutrition, and limited physical activity are significant health concerns for Washingtonians. Poor health unequally affects minority and low-income populations. Educational opportunities and health resources are limited. *National food security data from USDA Economic Research Service, ERR-256

**DEFINING THE PROBLEM**

- **30%** OBESITY
- **16%** FOOD INSECURE WITH CHILDREN
- **50%** LOW PHYSICAL ACTIVITY
- **17%** PRE-DIABETES & TYPE 2

Obesity, poor nutrition, and limited physical activity are significant health concerns for Washingtonians. Poor health unequally affects minority and low-income populations. Educational opportunities and health resources are limited. *National food security data from USDA Economic Research Service, ERR-256

**THE EFNEP SOLUTION**

EFNEP partners with community agencies to deliver curriculum through practical direct education lessons. Our classes are:

- available in a **variety of settings**, such as Head Starts, schools, income-based housing complexes, and community centers
- taught by peer **educators** who belong to the communities they serve
- measured by **changes in behavior**
- integrated in the research and teaching of the **Land-grant University System**

**Reaching Families**

88% of EFNEP participants who reported income* are at or below 185% of poverty, earning $46,435 a year or less for a family of four.

**Percentage of Federal Poverty**

- <50%
- 51–75%
- 76–100%
- 101–125%
- 126–150%
- 151–185%

*112 did not report
EFNEP invests in the health and success of low-income families. EFNEP evaluation is nationally implemented and designed to ensure accurate measurement of diet quality, activity change, food safety and monthly savings.

IMPROVING BEHAVIORS

IN ADULTS

95% IMPROVED DIET QUALITY
63% IMPROVED FOOD SECURITY
85% IMPROVED PHYSICAL ACTIVITY BEHAVIORS
83% IMPROVED FOOD SAFETY PRACTICES

IN YOUTH

80% IMPROVED DIET QUALITY
53% IMPROVED THEIR ABILITY TO PREPARE NUTRITIOUS FOOD
45% IMPROVED PHYSICAL ACTIVITY BEHAVIORS
53% IMPROVED FOOD SAFETY PRACTICES