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 2019, EFNEP reached 760 adults and 1,945 youth directly and over 3,055 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. +2018 WA BRFSS data.

DEFINING THE PROBLEM

- **66%** overweight or obese
- **16%** food insecure with children
- **38%** low physical activity
- **15%** pre-diabetes & type 2 diabetes

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. +2018 WA BRFSS data.

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; and
- Integrated in the research and teaching of the Land-grant University System.

Reaching Families

92% 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%

*38 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**

- **97%** Improved Diet Quality
- **72%** Improved Food Security
- **87%** Improved Physical Activity Behaviors
- **88%** Improved Food Safety Practices

**IN YOUTH**

- **88%** Improved Diet Quality
- **43%** Improved Their Ability to Prepare Nutritious Food
- **57%** Improved Physical Activity Behaviors
- **59%** Improved Food Safety Practices

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For more information:  
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