EFNEP improves the diets and food-related behaviors of low-income families through peer nutrition education. In 2020, Washington EFNEP reached 373 adults and 1,389 youth, affecting over 1,365 family members indirectly. Of these participants, 138 adults and 56 youth joined via online lesson delivery.

DEFINING THE PROBLEM

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. (2018 WA BRFSS data, WAFOOD Survey Brief #1: Economic Security and Food Access in Washington State During the COVID-19 Pandemic)

THE EFNEP SOLUTION

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

- Offered through established community partnerships, such as Head Starts, schools, income-based housing complexes, and community centers.
- Taught by peer educators who belong to the communities they serve.
- Available online to low-income families who participate from home on a computer, tablet, or cell phone.
- Integrated in the research and teaching of the Land-grant University System.

Participant Success Stories

✔ “…much of the information has come into my home and taught me to be a better mom. I make grocery shopping lists that help me save money. My kids use ‘no thank you bites!’ The nutrition class is about so much more than just nutrition.”

✔ After completing the EFNEP series, J.P cut his pop consumption in half. In addition to reducing his sugar intake, he was excited about how much money he saved on groceries throughout the month!
EFNEP invests in the health and success of low-income families. Ninety-four percent of EFNEP participants who reported income are at or below 185% of the poverty level, earning $46,435 a year or less for a family of four. 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**

- 96% Improved Diet Quality
- 71% Improved Food Security
- 85% 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
- 56% Improved Food Safety Practices