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
For more information:
www.nifa.gov/efnep or
Catalina Aragon, State EFNEP Leader
c.aragon@wsu.edu • 253-798-3252

Reaching Diverse Groups

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

97% IMPROVED DIET QUALITY
72% IMPROVED FOOD SECURITY
87% IMPROVED PHYSICAL ACTIVITY BEHAVIORS
88% IMPROVED FOOD SAFETY PRACTICES

88% IMPROVED DIET QUALITY
43% IMPROVED THEIR ABILITY TO PREPARE NUTRITIOUS FOOD
57% IMPROVED PHYSICAL ACTIVITY BEHAVIORS
59% IMPROVED FOOD SAFETY PRACTICES

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.