EFNEP improves the diets and food-related behaviors of low-income families through peer nutrition education. In 2021, Washington EFNEP reached 387 adults and 689 youth, affecting over 1,501 family members indirectly. Of these participants, 367 adults and 627 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. 2WAFOOD 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 in-person and online to families and youth with limited incomes.
- Integrated in the research and teaching of the Land-grant University System.

Participant Success Stories

✔ Barb joined online EFNEP classes through her library and learned about buying in bulk, choosing store brands, and planning meals ahead. Now she’s saving $150 a month on groceries!

✔ When Shelby started EFNEP in her high school class, she was drinking 1 or 2 sodas each day. She learned about limiting sugar and decided to quit. By the end, she hadn’t had a soda in 4 weeks.
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 $49,025 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

- 98% IMPROVED DIET QUALITY
- 96% IMPROVED FOOD RESOURCE MANAGEMENT
- 87% IMPROVED PHYSICAL ACTIVITY BEHAVIORS
- 89% IMPROVED FOOD SAFETY PRACTICES

IN YOUTH

- 88% IMPROVED DIET QUALITY
- 39% IMPROVED THEIR ABILITY TO PREPARE NUTRITIOUS FOOD
- 61% IMPROVED PHYSICAL ACTIVITY BEHAVIORS
- 57% IMPROVED FOOD SAFETY PRACTICES

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