



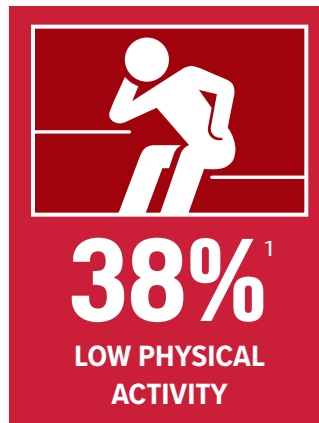
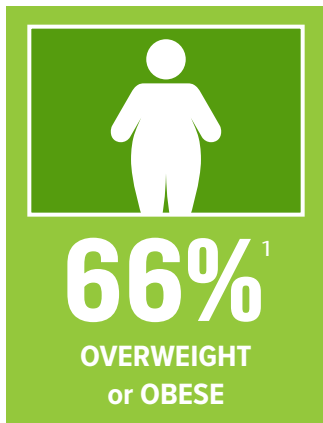
WASHINGTON STATE UNIVERSITY — 2022

EFNEP

Expanded Food and Nutrition Education Program

EFNEP improves the diets and food-related behaviors of low-income families through peer nutrition education. In 2022, Washington EFNEP reached **420** adults and **2,328** youth, affecting over **4,012** family members indirectly.

DEFINING THE PROBLEM



Food insecurity, poor nutrition, and limited physical activity are significant risk factors for obesity and other chronic diseases. Poor health unequally affects minority and low-income populations. Educational opportunities and health resources are limited.

(¹2018 WA BRFSS data. ²WAFood Survey Brief #1: Economic Security and Food Access in Washington State During the COVID-19 Pandemic)

THE EFNEP SOLUTION

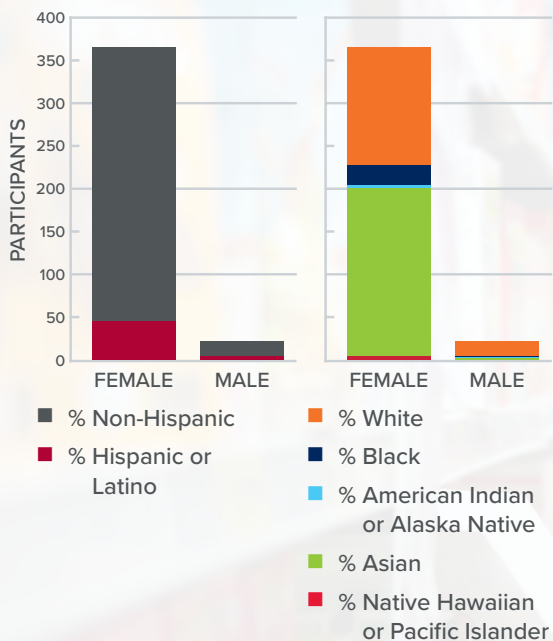
EFNEP partners with community agencies to deliver curriculum through practical direct education lessons. Our classes are:

- 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

- ✓ *A class of 3rd graders learned about reading nutrition labels and identifying added sugars. After looking at the labels of their school breakfast options, they wrote a letter to their principal to ask for healthier breakfast items like fruits and whole grain cereals.*
- ✓ *Kim is a mother of eight who took EFNEP classes after learning about them from her doctor. Kim said “the classes really helped me think through decisions I make about feeding my family and being active”.*

Reaching Diverse Groups



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



WASHINGTON STATE UNIVERSITY
EXTENSION



For more information: www.nifa.gov/efnep
Kylie Pybus, State EFNEP Leader
kylie.pybus@wsu.edu • 509-477-2190

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