

EFNEP WORKS 2017

Expanded Food and Nutrition Education Program



The Challenge



2 in 3 Wisconsin adults are overweight or obese.



1 in 7 2-4 year old WIC (Women, Infants and Children) program participants are obese.



Parents who model healthy eating behaviors have children who have healthy eating behaviors.



\$3.1 Billion =
Cost of obesity in Wisconsin

EFNEP National Statement

EFNEP uses a holistic nutrition education approach. Participation results in individuals and families experiencing improvements in four core areas:



1
Diet quality and physical activity



2
Food resource management



3
Food safety



4
Food security

Program Reach

Paraprofessionals (peer educators) deliver a series of hands-on, interactive lessons to program participants. Lessons are evidence-based and tailored to meet the needs of the audience.



EFNEP is in
7 Wisconsin
counties

Dane, Kenosha,
Green, Racine, Rock,
Milwaukee,
Waukesha

958 Adults
AND
4141 elementary
school youth
received nutrition
education



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Healthy Intentions, Healthy Behaviors

Diet quality:	Physical activity:	Food safety:	Food security:
<p>81% of adults showed improvement in one or more nutrition practices (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast).</p>	<p>25% of adults reported a positive change in physical activity.</p>	<p>54% of adults showed improvement in one or more food safety practices (i.e. thawing and storing foods correctly).</p>	<p>77% of adults showed improvement in one or more food resource management practices (i.e. plan meals, compare prices or use grocery lists).</p>
<p>76% of children and youth showed improvement in choosing foods consistent with Federal Dietary Guideline recommendations.</p>	<p>29% of children and youth showed improvement in 1 or more knowledge, skill(s), or behavior(s) necessary to improve their physical activity practices.</p>	<p>46% of children and youth showed improvement in 1 or more knowledge, skill(s), or behavior(s) related to handling food safely.</p>	<p>\$29,366 = total cost savings reported by adult EFNEP program graduates</p>

Making a difference
 “Because of this class, I have made many changes in my life. We eat more fresh veggies and fruit. We have also switched from white rice to brown and wheat spaghetti instead of regular.”

Why it works

Programs are evidence-based.

The program builds community, leverages university resources and supports community health.

We help make the healthy choice the easy choice.