

EFNEP WORKS 2018

Expanded Food and Nutrition Education Program



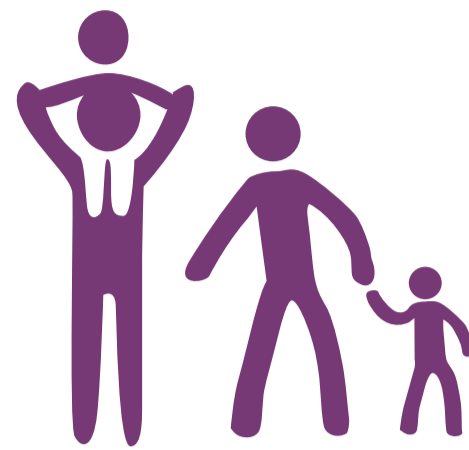
The Challenge



2 in 3 Wisconsin adults are overweight or obese.



1 in 7 Women, Infants and Children (WIC) program participants aged 2-4 years old 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

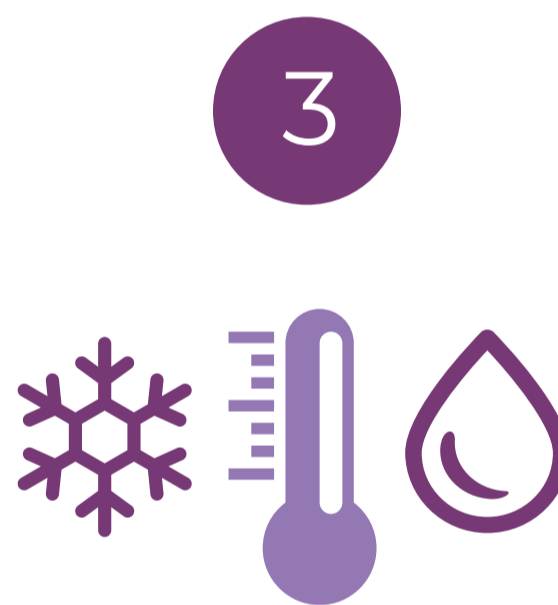
EFNEP uses a holistic nutrition education approach. Participation results in individuals and families experiencing improvements in four core areas:



1
Diet quality and physical activity



2
Food resource management



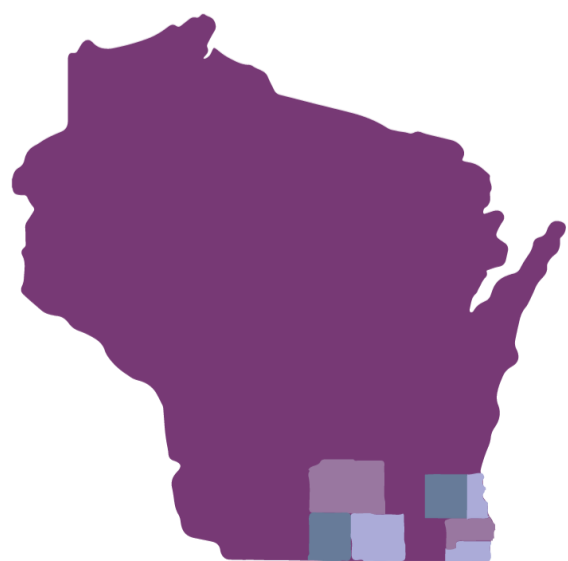
3
Food safety



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
8 Wisconsin counties

Dane, Kenosha, Milwaukee, Portage, Racine, Rock, Waukesha, Wood

479 Adults

AND

4579 elementary school youth received nutrition education



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Extension

UNIVERSITY OF WISCONSIN-MADISON



Healthy choices, healthy lives.

Healthy Intentions, Healthy Behaviors

Diet quality:

86%

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 serves children breakfast).

74%

of children and youth showed improvement in choosing foods consistent with Federal Dietary Guidelines.



Physical activity:

74%

of adults reported a positive change in physical activity.



30%

of children and youth showed improvement in one or more knowledge, skill(s), or behavior(s) necessary to improve their physical activity practices.



Food safety:

72%

of adults showed improvement in one or more food safety practices (i.e. thawing and storing foods correctly).



49%

of children and youth showed improvement in one or more knowledge, skill or behavior measures related to handling food safely.

Food security:

76%

of adults showed improvement in one or more food resource management practices (i.e. plan meals, compare prices or use grocery lists).



\$8356

= total cost savings reported by adult EFNEP program graduates

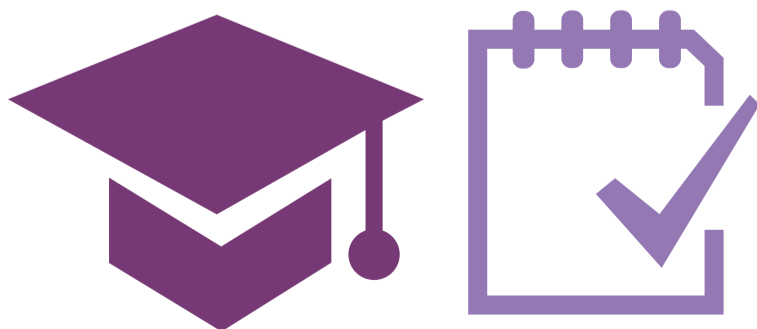


Making a difference

"I value this program because it is helping me become more aware of what I am putting in my body and some of the negative effects. I appreciate the teacher making it an enjoyable experience."

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.