EFNEP Impacts 2015-2016.

THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM AT THE UNIVERSITY OF RHODE ISLAND

Since 1968, EFNEP has brought much needed nutrition education to eligible families and students at schools, churches and community agencies. The goal of EFNEP in Rhode Island is to help Rhode Islanders with limited resources achieve lifelong health and fitness. Our primary target audiences are families with young children and youth in the school system. EFNEP classes reach a wide range of participants and foster true behavior change. We are grateful to the terrific community agencies who partner with us and contribute to our success.

Praise for EFNEP from graduates:

“I really liked it. It gave me ways to feed my daughter. I am now seeing a nutritionist from my doctor because I am more aware of it. My daughter is more aware too.” - Carla (pictured below with her daughters)

“At first I didn’t like it, but as I kept coming I learned a lot. I thought I could just eat anything. The food was so tasty. So glad we came.” - A father

“I have been trying to lose weight. I especially like the tips about shopping with a list and planning your meals. It’s really helpful.” - Lovelene

2015-2016 Statewide Impacts:

- 80% of graduates improved how they manage their food dollars in at least one area:
  - 36% planned meals in advance more often
  - 42% compared prices when shopping more often
  - 36% ran out of food before the end of the month less often
  - 36% used a list for grocery shopping more often

- 58% of graduates made improvements in at least one food safety practice:
  - 33% followed recommended practices more often by not allowing meat and dairy foods to sit out more than 2 hours
  - 41% followed recommended practices more often by not thawing foods at room temperature
77% of graduates had better nutrition practices in at least one area:

- 35% planned meals in advance more often
- 38% thought about healthy choices more often when deciding what to feed their family
- 43% prepared foods without adding salt more often
- 26% reported that their children ate breakfast more often

**Percentage of EFNEP graduates with improved nutrition based on intake**

- 35% Improved their intake of vegetables
- 32% Improved their intake of whole grains
- 38% Improved their intake of fruit
- 63% Improved their intake in SoFAS (Solid Fats and Added Sugars)

Participants ate 1/3 more cups of fruits and vegetables at exit.

**PARTICIPANT DATA**

<table>
<thead>
<tr>
<th>Total Participants</th>
<th>Male</th>
<th>Female</th>
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<tr>
<td>2,793</td>
<td>1,225</td>
<td>1,541</td>
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**PARTICIPANTS BY RACE AND ETHNICITY**

- 1,276 Caucasian
- 410 African American
- 18 Native American or Alaska Native
- 110 Asian
- 124 Native Hawaiian or Other Pacific Islander
- 132 Two or more races
- 705 Race not provided
- 872 Hispanic/Latino ethnicity (any race)

**PARTICIPANTS BY AGE OR GRADE LEVEL**

**Adult participants**

- 1 Age 17 or younger
- 22 Age 18 to 20
- 147 Age 21 to 29
- 176 Age 30 to 39
- 94 Age 40 to 49
- 68 Age 50 to 59
- 19 Age 60 and over
- 69 Not provided

**Youth participants**

- 596 Total adult participants
- 624 Kindergarten to 2nd grade
- 1,503 3rd to 5th grade
- 4 6th to 8th grade
- 0 9th to 12th grade
- 12 Special

**Total youth participants**

2,143

*Improvement indicates positive change towards recommendations for age, gender, and activity level.*

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