The University of Rhode Island Expanded Food and Nutrition Education Program (EFNEP) empowers limited-resource families with children, school-aged youth, and pregnant teens to make nutrition and physical activity-related behavior changes to facilitate a healthy lifestyle and reduce chronic disease risk.

What is EFNEP?

- 1 IN 4 families with children struggle with hunger
- 31% of RI youth ages 2-17 are overweight or obese
- 38% of youth's daily diet consists of sweet & salty snacks, and sugar-sweetened beverages
- 18% of RI adults are food insecure
- 64% of RI adults are overweight or obese
- 10% of RI adults consume the recommended amount of vegetables
- 41% of RI adults are food insecure
- 31% of RI youth ages 2-17 are overweight or obese
- 38% of youth's daily diet consists of sweet & salty snacks, and sugar-sweetened beverages
- 18% of RI adults are food insecure
- 64% of RI adults are overweight or obese
- 10% of RI adults consume the recommended amount of vegetables

Our Reach

118 Adults & 815 Youth Engaged

86% Improved Diet Quality
57% Improved Food Safety Practices
55% Increased Physical Activity

Adult Impacts

- 99% Improved Diet Quality
- 91% Improved Food Resource Management
- 75% Improved Food Safety Practices
- 68% Increased Physical Activity
- 30% Improved Food Security

URI EFNEP Success Story:

"During social distancing, RI EFNEP's Eating Smart, Being Active (ESBA) classes were adapted to be virtual so that educators could effectively reach participants. One community partner teaches citizenship and English classes to refugees. Our educator used these interactive virtual ESBA lessons as an opportunity to be visual and engage participants not only in nutrition but also the English language."

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