The 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 as a way to facilitate a healthy lifestyle and reduce chronic disease risk.

**RHODE ISLAND 2019 IMPACTS**

**WHAT IS EFNEP?**

1 IN 6
RI children struggle with hunger

35% of RI youth aged 2-17 are overweight or obese

11% of RI adolescents in grades 9-12 consume soda daily

1 IN 8
RI adults live in poverty

65% of RI adults are overweight or obese

34% of RI adults consume fruit less than one time per day

**YOUTH IMPACT**

84% improved ability to choose healthy food

58% improved safe food handling practices

43% improved physical activity behaviors

**ADULT IMPACT**

93% improved diet quality

78% were more physically active

60% improved food resource management

60% improved food security

65% improved food safety practices

**OUR PARTNERS:**

- K-12 Schools
- After School Programs
- Adult Education Sites
- Job Training Sites
- Community Centers
- Head Start Sites
- WIC Sites
- Libraries
- Health Care Sites
- Public Housing Sites and Shelters
- and more!

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