

RHODE ISLAND'S CHALLENGES

1 IN 4

RI families with 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 consumer fruit less than one time per day

WHAT IS EFNEP?

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.

YOUTH IMPACT



80%

improved ability to choose healthy food



51%

improved safe food handling practices



44%

improved physical activity behaviors

ADULT IMPACT

90%



improved diet quality

71%



were more physically active

70%



improved food resource management

48%



improved food security

68%



improved food safety practices

40%



Ate more fruit

48%



Ate more vegetables

27%



Cook dinner at home more often

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