**RHODE ISLAND’S CHALLENGES**

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Fact</th>
<th>Challenge</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1 IN 4</td>
<td>RI families with children struggle with hunger</td>
<td>35%</td>
<td>of RI youth aged 2-17 are overweight or obese</td>
</tr>
<tr>
<td>1 IN 8</td>
<td>RI adults live in poverty</td>
<td>11%</td>
<td>of RI adolescents in grades 9-12 consume soda daily</td>
</tr>
<tr>
<td></td>
<td></td>
<td>65%</td>
<td>of RI adults are overweight or obese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>34%</td>
<td>of RI adults consume fruit less than one time per day</td>
</tr>
</tbody>
</table>

**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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