

RHODE ISLAND 2020 IMPACTS

RHODE ISLAND'S CHALLENGES

1 IN 4

RI families with children struggle with hunger

1 IN 8

RI adults live in poverty

35%

of RI youth aged 2-17 are overweight or obese

65%

of RI adults are overweight or obese

11%

of RI adolescents in grades 9-12 consume soda daily

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, schoolaged 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



improved diet quality



were more physically active



improved food resource management



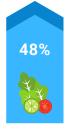
improved food security



improved food safety practices



Ate more fruit



Ate more vegeteables



Cook dinner at home more often

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