



# 2022 Rhode Island Expanded Food and Nutrition Education Program Impacts

THE UNIVERSITY OF RHODE ISLAND COOPERATIVE EXTENSION

## What is EFNEP?



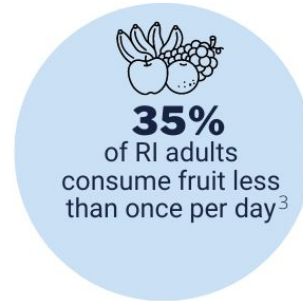
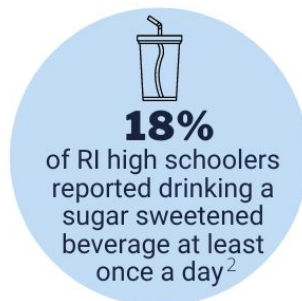
The University of Rhode Island Expanded Food and Nutrition Education Program (EFNEP) empowers limited-resource families to make nutrition and physical activity-related behavior changes to facilitate a healthy lifestyle and reduce chronic disease risk.

## OUR REACH



1,408 YOUTH & 14 ADULTS ENGAGED

## RHODE ISLAND CHALLENGES



## YOUTH IMPACTS



**84%**

Improved Diet Quality



**53%**

Improved Food Safety Practices



**42%**

Increased Physical Activity

## ADULT IMPACTS



Improved Diet Quality



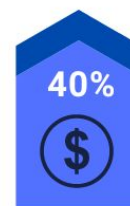
Improved Physical Activity



Improved Food Resource Management



Improved Food Safety Practices



Improved Food Security

## SUCCESS STORIES

"On the last day of class, the students surprised me with handwritten thank you notes! While teaching in the community, it can be a challenge to connect and teach at times. I'm thrilled that I made a positive impact with this group of students. We are lucky to have a strong partnership with the Woonsocket School District, and even luckier to have these amazing teachers to support our programming." - Sophia, EFNEP Paraprofessional



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## HOW TO FIND US

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This work is supported by the USDA National Institute of Food and Agriculture (USDA), Expanded Food and Nutrition Education Program (EFNEP). This institution is an equal opportunity employer. URI Cooperative Extension is committed to community, equity, and diversity and prohibits discrimination in all its programs, services, and activities.

References: (1) Rhode Island Community Food Bank, 2022 "2022 Status Report on Hunger in Rhode Island", <https://rifoodbank.org/what-we-do/status-report-on-hunger/>; (2) Rhode Island Kids Count, 2022 "Rhode Island Kids Count Factbook 2022", <https://www.rhodescount.org/Data-Publications/RH-Kids-Count-Factbook>; (3) National Center for Chronic Disease Prevention and Health Promotion. (2016). Rhode Island State Nutrition, Physical Activity, and Obesity Profile. Retrieved from <https://www.cdc.gov/nccd/php/dnpao/state-local-programs/profiles/pdfs/rhode-island-state-profile.pdf>