

EFNEP Impacts 2017 - 2018

Expanded Food and Nutrition Education Program (EFNEP)

EFNEP is a nutrition education program funded by the U.S. Department of Agriculture (USDA)– National Institute of Food and Agriculture (NIFA). The goal of EFNEP is to empower limited-income families with children and youth to make nutrition and physical activity-related behavior changes as a way to facilitate a healthy lifestyle and reduce chronic disease risk.

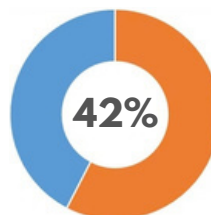
The Need:



1 out of 5 RI children live in poverty¹



Rhode Island has the fifth-highest obesity rate for children ages 10 to 17²



42% of RI adolescents consume vegetables less than 1 time per day³



28% of RI adolescents get 60 minutes of physical activity per day²



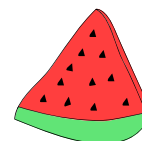
65% of RI adults are overweight or obese²



26% of RI adults are not physically active²



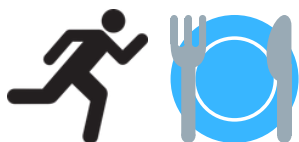
10% of RI adults meet the daily vegetable intake recommendations⁴



14% of RI adults meet the daily fruit intake recommendations⁴

EFNEP Core Program Areas:

EFNEP uses a holistic nutrition educational approach. Participation aims to improve results in individuals' and families' habits in four core areas:



Diet Quality & Physical Activity



Food Resource Management



Food Safety



Food Security

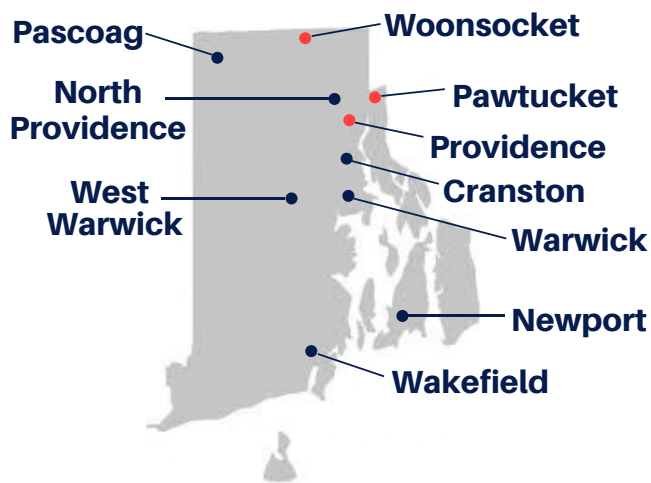
1. <http://map.feedingamerica.org/county/2015/child/rhode-island>

2. <file:///C:/Users/EFNEP/Downloads/TFAH-2018-ObesityReport-FINAL.pdf>

3. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online]. [accessed Jan 04, 2019]. URL: <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.

4. Lee-Kwan SH, Moore LV, Blanck HM, Harris DM, Galuska D. Disparities in State-Specific Adult Fruit and Vegetable Consumption — United States, 2015. MMWR Morb Mortal Wkly Rep 2017;66:1241–1247. DOI: <http://dx.doi.org/10.15585/mmwr.mm6645a1>.

Where Are We:



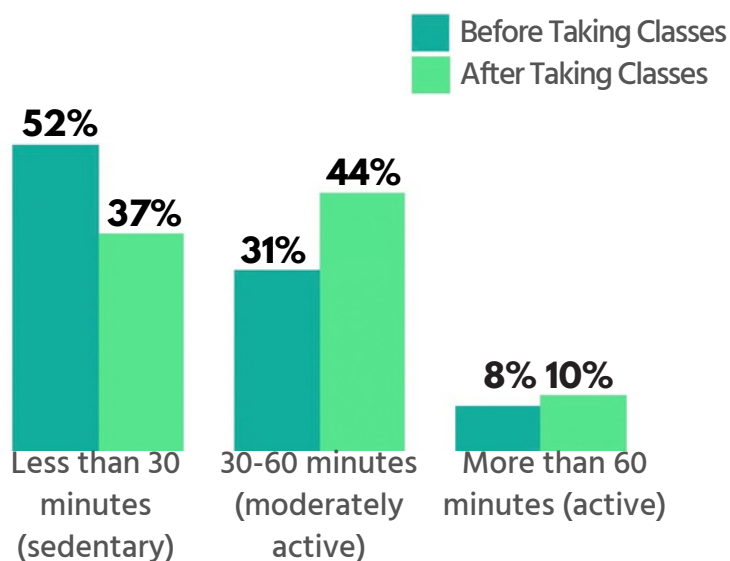
● = Core Cities

Core cities are distressed communities that have double the statewide average poverty rate (29% in core cities and 14% statewide) and where over one fifth of Rhode Island's population live.

These core city's schools have an average of 76% free/reduced price meal eligibility.

Adult Program Impact:

Daily Physical Activity



75%

of participants showed improvement in physical activity behaviors



88%

of participants showed improvement in diet quality



70%

of participants showed improvement in food safety practices



77%

of participants showed improvement in food resource management practices

Youth Program Impact:

EFNEP in Rhode Island reached 1,699 youth in grades K-12.



75% improved their ability to choose healthy foods



43% use safe food handling practices more often (i.e., hand washing and storing food properly)



29% improved their ability to prepare simple, nutritious, and affordable food.



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