

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%

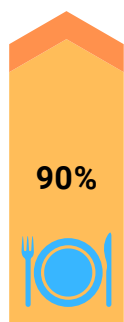
improved safe food handling practices



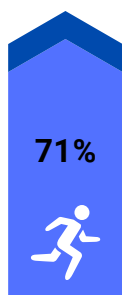
44%

improved physical activity behaviors

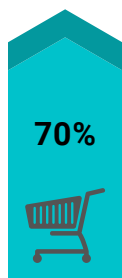
ADULT IMPACT



improved diet quality



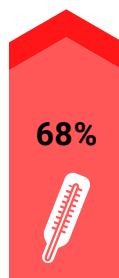
were more physically active



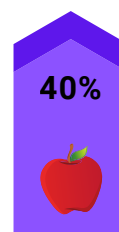
improved food resource management



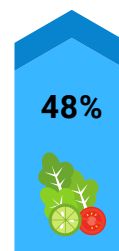
improved food security



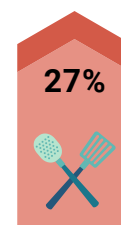
improved food safety practices



Ate more fruit



Ate more vegetables



Cook dinner at home more often

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