



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



1 IN 3

RI households are not able to afford adequate food¹



13%

increase in food costs in RI between 2021 and 2022²



18%

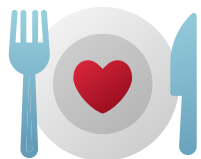
of RI high schoolers reported drinking a sugar sweetened beverage at least once a day²



35%

of RI adults consume fruit less than once per day³

YOUTH IMPACTS



84%

Improved Diet Quality



53%

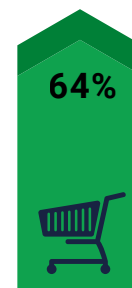
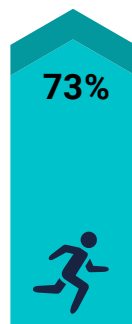
Improved Food Safety Practices



42%

Increased Physical Activity

ADULT IMPACTS



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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References: (1) Rhode Island Community Food Bank, 2022 "2022 Status Report on Hunger in Rhode Island"; (2) Rhode Island Kids Count, 2022 "Rhode Island Kids Count Factbook 2022"; (3) National Center for Chronic Disease Prevention and Health Promotion. (2016). Rhode Island State Nutrition, Physical Activity, and Obesity Profile.