
THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM AT THE UNIVERSITY OF RHODE ISLAND

Since 1968, EFNEP has brought much needed nutrition education to eligible families and students at schools, churches and community agencies. The goal of EFNEP in Rhode Island is to help Rhode Islanders with limited resources achieve lifelong health and fitness. Our primary target audiences are families with young children and youth in the school system. EFNEP classes reach a wide range of participants and foster true behavior change. We are grateful to the terrific community agencies who partner with us and contribute to our success.

2016-2017 Statewide Impacts:

78% of adult graduates improved how they manage their food dollars in at least one area:

- Planned meals in advance more often
- Ran out of food before the end of the month less often
- Compared prices when shopping more often
- Used a list for grocery shopping more often

49% of adult graduates made improvements in at least one food safety practice:

- by not allowing meat and dairy foods to sit out for more than 2 hours
- by not thawing foods at room temperature

Vision Award Bestowed on EFNEP

On June 8th, 2017 the URI EFNEP team was awarded a Vision Award from a long-time community partner, the Even Start Program at the East Bay Community Action Program. The following is an excerpt from the speech at the EBCAP gala:

“While Katie manages the program, her real pleasure comes from how she has watched her own staff change and progress as they work to make a real difference in the lives of people in their own community. The program has turned skeptical participants into true believers in the benefits of a healthy lifestyle. Katie and her staff are very professional and accommodating to the Even Start schedule, having NEVER canceled a class in the past 6 years. I say, ‘They are like the mailman; they come during rainstorms, snow and traffic. They are truly a dedicated team.’”
84% of adult graduates had better nutrition practices in at least one area:

- Planned meals in advance more often
- Prepared food without adding salt more often
- Reported that their children are breakfast more often
- Thought about healthy choices more often when deciding what to feed their family
- Used the “Nutrition Facts” on food labels more often to make food choices

Percentage of adult EFNEP graduates with improved nutrition based on intake

- 37% improved their intake of vegetables
- 20% improved their intake of whole grains
- 34% improved their intake of fruit
- 53% improved their intake in SoFAS (Solid Fats and Added Sugars)
- 94% of participants had positive change in any food group

*Improvement indicates positive change towards recommendations for age, gender, and activity level.

PARTICIPANT DATA

<table>
<thead>
<tr>
<th>Total</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>3,324</td>
<td>1,518</td>
<td>1,806</td>
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PARTICIPANTS BY RACE AND ETHNICITY

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<th>Total</th>
<th>Caucasian</th>
<th>African American</th>
<th>Native American or Alaska Native</th>
<th>Asian</th>
<th>Native Hawaiian or Other Pacific Islander</th>
<th>Two or more races</th>
<th>Race not provided</th>
<th>Hispanic/Latino ethnicity (any race)</th>
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<td>1,420</td>
<td>333</td>
<td>32</td>
<td>91</td>
<td>25</td>
<td>199</td>
<td>1,100</td>
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PARTICIPANTS BY AGE OR GRADE LEVEL

<table>
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<tr>
<th>Total</th>
<th>Adult participants</th>
<th>Youth participants</th>
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<tbody>
<tr>
<td>468</td>
<td>7</td>
<td>461</td>
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