

RHODE ISLAND CHALLENGES

1 IN 4
families with
children struggle
with hunger¹

18%
of RI adults are
food insecure¹

31%
of RI youth ages
2-17 are
overweight or
obese²

64%
of RI adults are
overweight or
obese⁴

38%
of youth's daily diet
consists of sweet &
salty snacks, and
sugar-sweetened
beverages³

10%
of RI adults consume
the recommended
amount of vegetables⁵

WHAT IS EFNEP?

The University of Rhode Island 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 to facilitate a healthy lifestyle and reduce chronic disease risk.

OUR REACH



YOUTH IMPACTS



86%
Improved Diet
Quality

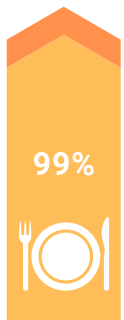


57%
Improved
Food Safety
Practices

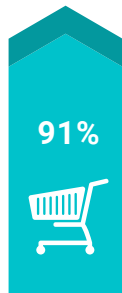


55%
Increased Physical
Activity

ADULT IMPACTS



Improved Diet
Quality



Improved
Food Resource
Management



Improved
Food Safety
Practices



Increased
Physical
Activity



Improved
Food
Security

URI EFNEP SUCCESS STORY:

"During social distancing, RI EFNEP's Eating Smart, Being Active (ESBA) classes were adapted to be virtual so that educators could effectively reach participants. One community partner teaches citizenship and English classes to refugees. Our educator used these interactive virtual ESBA lessons as an opportunity to be visual and engage participants not only in nutrition but also the English language."
-EFNEP Staff

HOW TO FIND US

web.uri.edu/efnep/



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