

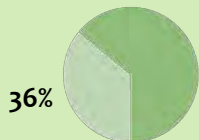
# EFNEP Impacts 2015-2016.

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

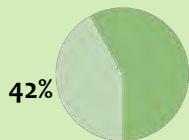
Since 1968, EFNEP has brought much needed nutrition education to eligible families and students at schools, churches and community agencies. The goal of EFNEP in Rhode Island is to help Rhode Islanders with limited resources achieve lifelong health and fitness. Our primary target audiences are families 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.

## 2015-2016 Statewide Impacts:

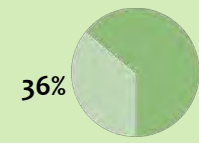
80% of graduates improved how they manage their food dollars in at least one area:



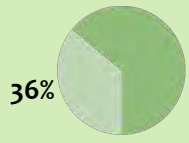
planned meals in advance more often



compared prices when shopping more often

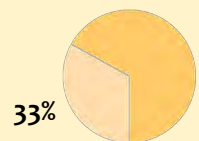


ran out of food before the end of the month less often

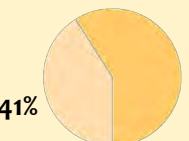


used a list for grocery shopping more often

58% of graduates made improvements in at least one food safety practice:



followed recommended practices more often by not allowing meat and dairy foods to sit out more than 2 hours



followed recommended practices more often by not thawing foods at room temperature

“ Praise for EFNEP from graduates:

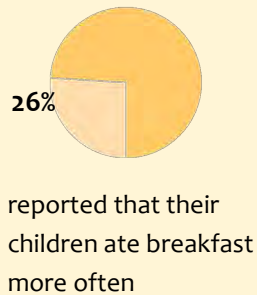
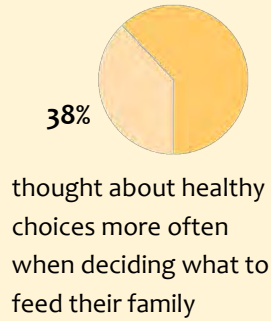
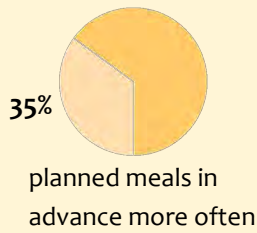
“I really liked it. It gave me ways to feed my daughter. I am now seeing a nutritionist from my doctor because I am more aware of it. My daughter is more aware too.” -Carla (pictured below with her daughters)

“At first I didn't like it, but as I kept coming I learned a lot. I thought I could just eat anything. The food was so tasty. So glad we came.” - A father

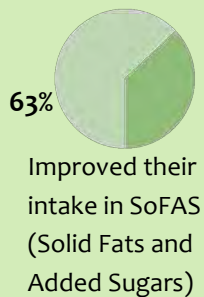
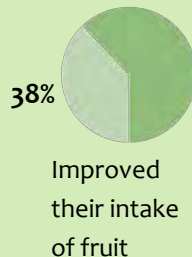
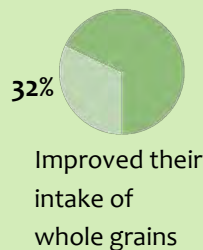
“I have been trying to lose weight. I especially like the tips about shopping with a list and planning your meals. It's really helpful.” - Lovelene



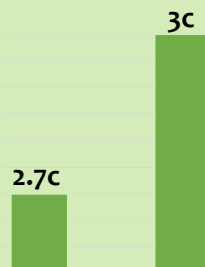
77% of graduates had better nutrition practices in at least one area:



Percentage of EFNEP graduates with improved nutrition based on intake



Participants ate 1/3 more cups of fruits and vegetables at exit.



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

## PARTICIPANT DATA

2,793 Total Participants

1,225 Male

1,541 Female

## PARTICIPANTS BY RACE AND ETHNICITY

1,276 Caucasian

410 African American

18 Native American or Alaska Native

110 Asian

124 Native Hawaiian or Other Pacific Islander

132 Two or more races

705 Race not provided

872 Hispanic/Latino ethnicity (any race)

## PARTICIPANTS BY AGE OR GRADE LEVEL

Adult participants

1 Age 17 or younger

22 Age 18 to 20

147 Age 21 to 29

176 Age 30 to 39

94 Age 40 to 49

68 Age 50 to 59

19 Age 60 and over

69 Not provided

596 Total adult participants

Youth participants

624 Kindergarten to 2nd grade

1,503 3rd to 5th grade

4 6th to 8th grade

0 9th to 12th grade

12 Special

2,143 Total youth participants

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