

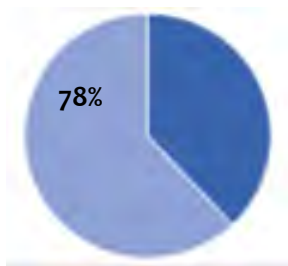
# EFNEP Impacts 2016-2017.

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.

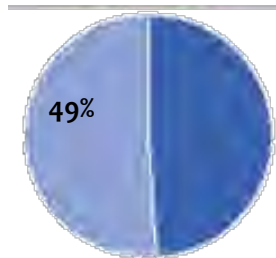
## 2016-2017 Statewide Impacts:

### ■ 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

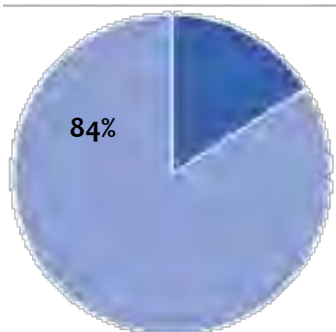
On June 8<sup>th</sup>, 2017 the URI EFNEP team was awarded a Vision Award from a long-time community partner, the Even Start Program at the East Bay Community Action Program. The following is an excerpt from the speech at the EBCAP gala:

*“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.’”*



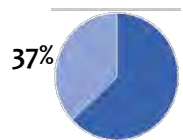
URI Community Nutrition Assistant with EFNEP graduates from Dorcas International Institute in Central Falls, RI.

■ **84% of adult graduates had better nutrition practices in at least one area:**

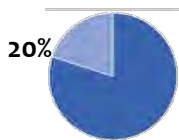


- Planned meals in advance more often
- Prepared food without adding salt more often
- Reported that their children are breakfast more often
- Thought about healthy choices more often when deciding what to feed their family
- Used the “Nutrition Facts” on food labels more often to make food choices

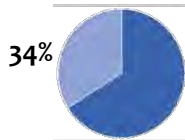
■ **Percentage of adult EFNEP graduates with improved\* nutrition based on intake**



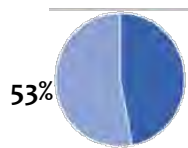
37% improved their intake of vegetables



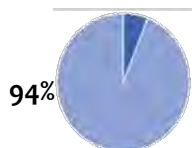
20% improved their intake of whole grains



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**

3,324	Total Participants
1,518	Male
1,806	Female
<b>PARTICIPANTS BY RACE AND ETHNICITY</b>	
1,420	Caucasian
333	African American
32	Native American or Alaska Native
91	Asian
25	Native Hawaiian or Other Pacific Islander
199	Two or more races
1100	Race not provided
755	Hispanic/Latino ethnicity (any race)
<b>PARTICIPANTS BY AGE OR GRADE LEVEL</b>	
	<i>Adult participants</i>
7	Age 17 or younger
20	Age 18 to 20
104	Age 21 to 29
121	Age 30 to 39
75	Age 40 to 49
43	Age 50 to 59
15	Age 60 and over
83	Not provided
468	Total adult participants
	<i>Youth participants</i>
1,377	Kindergarten to 2nd grade
1,439	3rd to 5th grade
7	6th to 8th grade
19	9th to 12th grade
14	Special
2,856	Total youth participants

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United States Department of Agriculture

National Institute of Food and Agriculture