

THE EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP): 2016 ILLINOIS IMPACTS

2016

Since 1969, EFNEP has reached more than 31 million low income families and children, helping to improve their diets and food purchasing behaviors.

In Illinois, EFNEP serves residents in six counties where families are most in need: Cook, Peoria, Champaign, Vermilion, Madison and St. Clair.

The healthy choice is not always the easy choice, especially for busy families on a limited budget.

Poor eating habits, low physical activity levels, and obesity can lead to overall poorer health outcomes. These also impact minority and low income populations to a greater degree than other groups.



What Clients are Saying...

"I learned that I can cook tasty foods without adding so much salt and instead using herbs and spices, like thyme and rosemary. I have felt so much better because I have been eating healthier and using correct portions sizes, too."

"After the last class, I made a shopping list and used it at the store. I saved so much money! I'm going to do this every trip now."

2016 EFNEP Educational Reach

9,622 Illinois Residents in Need Received Education



5,318 adults



4,304 youth



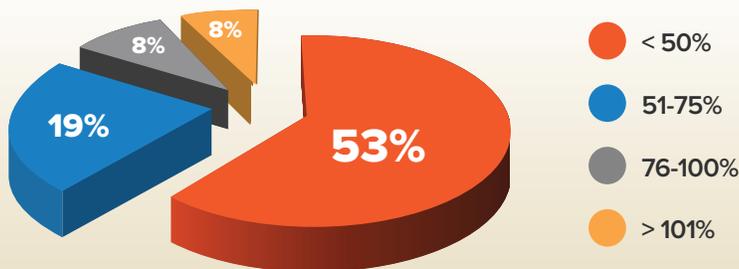
Total of 21,809 Family Members

Why EFNEP Works

- ✓ EFNEP helps low income audiences gain knowledge and skills needed to make behavior changes for healthy diets and active lifestyles.
- ✓ Programs are based on evidence and engage learners in practical, hands-on classes and activities.
- ✓ Programs are taught by peer educators who are members of the community where they teach. Educators are highly trained and dedicated to impacting a diverse population through nutrition education.

EFNEP Impact: Making a Difference in Illinois

Reaching Low Income Families Most in Need: Percent of Poverty Level for 2016 Families



80% who reported income are at or below 100% of poverty level, earning \$24,250 or less for a family of four.

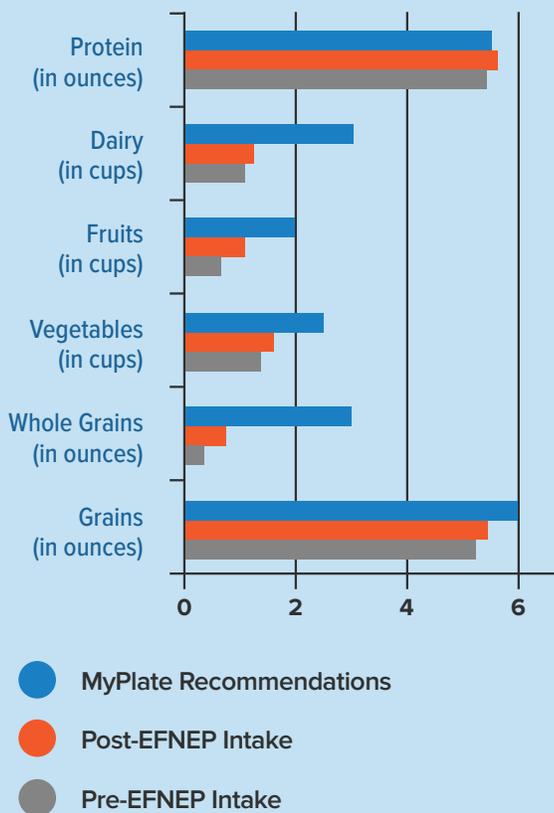
Working with Diverse Adult Populations

- **89%** female
- **52%** identify as a minority
- **18%** identify as Hispanic or Latino

4 in 10 female head of households with children experience extremely high rates of poverty in Illinois

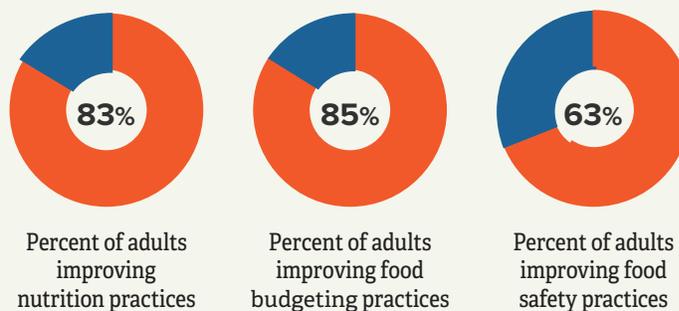
Demonstrating Results

EFNEP graduates report eating closer to MyPlate recommendations.



Changing Adult Behaviors, Influencing Youth

Adults



Youth (3rd-5th Grade)

