EFNEP Works

Childhood Obesity

The Issues

- 27.3% of Virginia children are overweight or obese
- The national average for childhood obesity is 31.2%
- Virginia is ranked 36th in the US for the highest percentage of children who are overweight and obese
- Children spend about 2.9 hours a day doing sedentary activities in Virginia

The Solution

- EFNEP helps to improve the nutrition and physical activity habits of low-income families
  - Community-Based
  - Relationship-Driven
  - Hands-On Education Approach

- EFNEP has had a significant impact on economic, obesity, and food insecurity challenges.

The Results

- VIRGINIA EFNEP reached as many as 9,866 children
- DIET QUALITY: 75% of children improved NUTRITION KNOWLEDGE on food choices
- PHYSICAL ACTIVITY: 33% of children increased PHYSICAL ACTIVITY habits and knowledge
- FOOD SAFETY: 43% of children demonstrated SAFER food handling practices
- FOOD RESOURCE MANAGEMENT: 48% of children enhanced SKILLS of preparing simple, nutritious, and affordable foods

For further information and resources go to www.eatsmartmovemoreva.org

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