

Demonstrating Results

Youth Participants

Youth participants attend a series of sessions which engage them through interactive learning experiences. The nutrition education is provided in group settings and delivered over time.

The sessions increase youth's awareness of and behaviors related to healthy eating and active lifestyles. The sessions include food and physical activity experiences.

As a result of participating in the series:

- ◆ 82% improved their ability to choose healthy foods.
- ◆ 51% increased their frequency of being physically active.
- ◆ 46% improved their food safety practices.
- ◆ 32% increased their food preparation skills.



Milk: A Healthy Choice

"My twin 6 year old girls and I attended lessons together. We learned to cook together. We are now preparing more meals at home."

- Participant North Country Region



Helping Families Eat Better for Less! 2016

The Expanded Food and Nutrition Education Program (EFNEP) is administered through the U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) and is offered through land-grant universities.¹ EFNEP has been delivered by Cornell Cooperative Extension (CCE) since 1969.

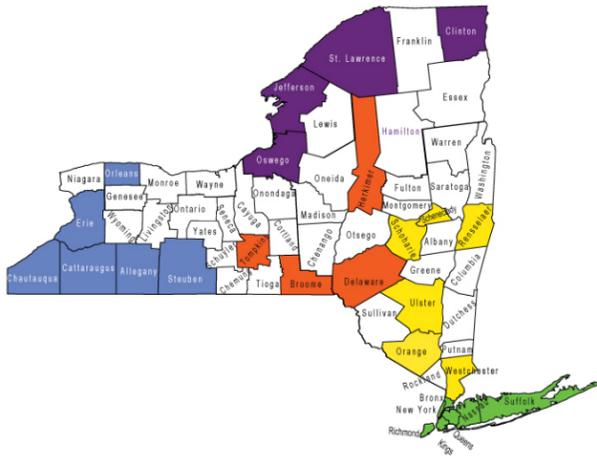
EFNEP helps low-income families and children improve their nutritional well-being, through a series of hands-on, interactive lessons where participants learn and are encouraged to improve their food and physical activity knowledge, skills and behaviors.¹

¹ The Expanded Food and Nutrition Education Program Policies <https://nifa.usda.gov/sites/default/files/program/EFNEP%20Policy%20Document%202015%20Update%20P1.pdf>

"I am reading labels! I select foods lower in sugar and sodium. I have lost weight, but my real change is I am taking a lower dosage of medicine to control my blood pressure. Thank you!!"

- Participant Metropolitan Region

New York State



Counties highlighted in color have at least one EFNEP staff employed by the county. EFNEP education crosses county borders and reaches into areas beyond the counties that employ staff. Counties of like color represent the five regions of the state. Regional Nutrition Coordinators assist with program training and quality assurance.

Contact Us

To find out about programming in your community

Visit our website:

fnec.cornell.edu

Visit our Facebook page:

[Facebook.com/Adopting Healthy Habits](https://www.facebook.com/AdoptingHealthyHabits)

For more information about our statewide program:

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The Challenge

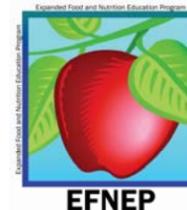
The poverty rate in NYS is 16% with 22% of children under the age of 18 living in poverty.² The percentage of adults who are overweight or obese increased from 42% in 1997 to 61.3% in 2013.³ The percent of adults who are obese increased to 25.4%, and currently a third of New York's children are obese or overweight.³

Overweight and obesity are associated with serious chronic health problems, including diabetes, hypertension and heart disease. People living in poverty are more likely to suffer from a variety of chronic health problems, both psychological and physical. While only one component of the overweight and obesity issue, and one of a host of concerns for people in poverty, nutrition knowledge and skills can mitigate risks associated with these health concerns.

² New York State Community Action Association Poverty Report, 2014 <http://nyscommunityaction.org/wp-content/uploads/2013-Poverty-Report-Full-compressed.pdf>
³ NYS DOH BFRSS, 2013 - <https://www.health.ny.gov/statistics/brfss/expanded/>



Cornell University
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Cooking together encourages children to try new foods!

Investing in the Solution

During FFY2016, EFNEP was delivered in 27 of the 62 counties in New York State with nutrition education provided by 89 highly qualified and trained paraprofessional staff, reaching 14,773 low-income adult and youth participants, impacting the lives of 32,484 New York family members.

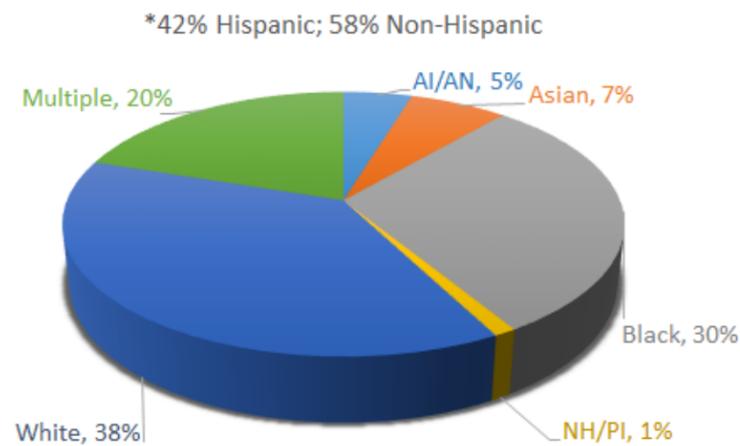
Participants complete at least 6 nutrition education sessions:

- ◆ 5,960 adults graduates received a mean of 7.3 ± 1.1 sessions
- ◆ 5,545 youth graduates received a mean of 6.2 ± 0.6 sessions

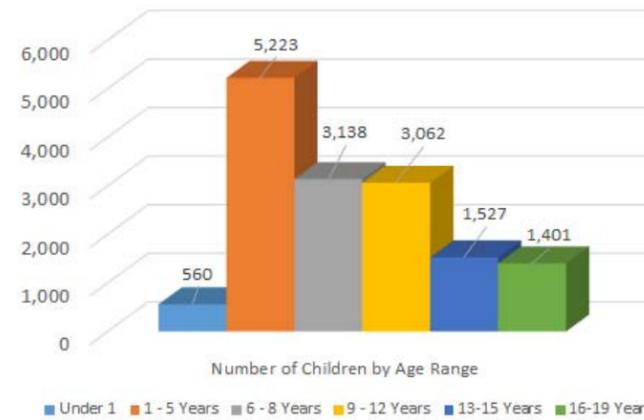


Reaching Diverse Audiences

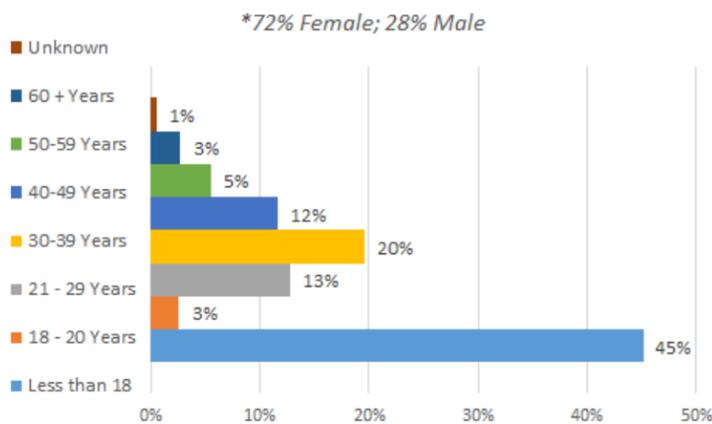
Race & Ethnicity*



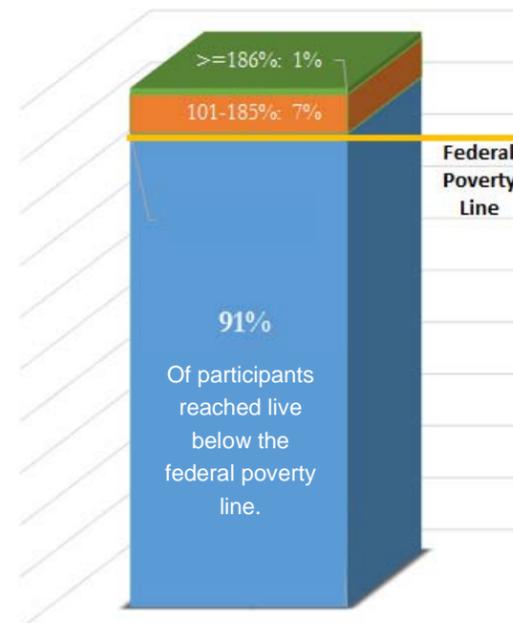
Children of Enrolled Adults



Age Range and Gender*



Reaching low-income



Economic Implications

EFNEP has been shown to be cost-effective:

- ◆ Saving about \$10 in health costs for every EFNEP dollar invested.⁵

Participants save money while continuing to make more healthful choices:

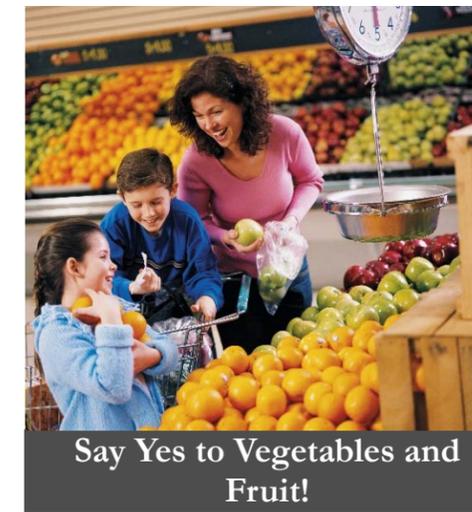
- ◆ Saving about \$5 in food costs for every EFNEP dollar invested.⁶

Participants increase the servings of vegetables and fruit consumed:

- ◆ An increase of 439.4 tons of produce with a minimum economic value of \$431,000.



Active Play Is Good For Everyone!



Say Yes to Vegetables and Fruit!

"I always hear about menu planning, but didn't know how, until this class. This is so simple! I make a grocery list and my boys can help!"

- Participant North County

Demonstrating Results

Adult Participants

Adult participants engage in a series of sessions, delivered over time to facilitate knowledge gain, skill development and behavior change. The sessions are delivered in an interactive manner, with hands-on activities which appeal to the different learning styles of adult participants.

The series contains sessions on:

- ◆ planning healthy meals,
- ◆ stretching the families food resources,
- ◆ using safe food handling and storage practices, and
- ◆ preparing tasty recipes.

Each session contains a 5-10 minute structured physical activity break. The breaks are intended to demonstrate the ease with which activity can be integrated into participants' lives, as well as provide practical examples of things that can be done outside of the classroom.

As a result of participating in the series:

- ◆ 83% improved their food resource management skills.
- ◆ 90% improved their diet quality practices.
- ◆ 68% improved their food safety practices.
- ◆ 48% increased their frequency of being physically active.

Studies of retention of behavior change indicate that these changes are maintained four years post-education.⁴

⁴ Wardlaw MK, Baker S. Long-term evaluation of EFNEP and SNAP-Ed. <http://www.ncsu.edu/ffci/publications/2012/v17-n2-2012-summer-fall/index-v17-n2-december-2012.php>

⁵ Dollahite JS, Kenkel DS, Thompson CS. An economic evaluation of the Expanded Food and Nutrition Education Program. *J Nutr Educ Behav* 2008;40:134-143.

⁶ Burney, J, Haughton B. EFNEP: a nutrition education program that demonstrates cost-benefit. *J Am Diet Assoc.* 102(1): 39-45.