Since 1969, EFNEP has reached more than 31 million low-income families & youth, and helped with improving their diets and food-related behaviors.

In Illinois, EFNEP serves residents in six counties: Cook, Peoria, Champaign, Vermilion, Madison, and St. Clair.

In 2014, Illinois EFNEP reached 3,980 adults and 3,124 youth directly, allowing us to reach 16,369 overall family members.

**Reaching Low-Income Families**

![Reaching Low-Income Families](chart)

93% who reported income are at or below 100% of poverty level, earning $23,850/yr or less for a family of four.

**Defining the Problem**

Obesity, poor nutrition & limited physical activity are significant health concerns. Poor health disproportionately affects minority & low-income populations, and through EFNEP, families are learning skills they need to put their health on the right track.

**Working with Diverse Populations in Illinois**

75% of EFNEP adults in Illinois identify as a minority.

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Minority</th>
<th>Non-Minority or Not Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>25%</td>
<td>45%</td>
</tr>
<tr>
<td>African-American</td>
<td>17%</td>
<td>1%</td>
</tr>
<tr>
<td>American Indian</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Asian</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Native Hawaiian</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Other Pacific Islander</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Multiple Races Identified</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Not Hispanic or Latino*</td>
<td>0%</td>
<td>3%</td>
</tr>
<tr>
<td>Hispanic or Latino*</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

*Ethnicity Not Provided for 1% White and 4% African American respondents.
EFNEP: Making a Difference in Illinois

Changing Adult Behavior, Influencing Youth

**What Clients are Saying:**

"I am the parent of a boy who attends. It is a joy to participate at the nutritional meetings. I’ve learned several different ways to prepare, cook and eat our meals. The information has helped my family choose many healthy substitutions for our everyday foods and beverages, which I would have never guessed. At one meeting we made a meatless lasagna and it turned out to be very tasteful and fulfilling! My son even enjoyed it when I made it at home!"

"I was so surprised to learn in class how much sugar was in soda! I was drinking 3 cans per day. Now that I’ve stopped drinking soda, I have lost weight and feel so much better!"

**Why EFNEP Works**

EFNEP is designed to assist limited-resource audiences gain knowledge, skills, attitudes, and make behavior changes necessary for achieving more nutritious diets. Programs are evidence-based and learner-centered.

Our classes are taught by peer educators, who are:

* **members** of the communities they support,
* **trained/supervised** by university & county-based faculty,
* **skilled** in using hands-on, interactive teaching methods,
* **committed** to delivering sound instruction,
* **able to influence changes** in behavior and impact the lives that they teach, and
* **dedicated** to reaching diverse, low-income populations.

**Demonstrating Results**

Program data reported shows that adults who complete EFNEP improved their dietary intake closer to MyPlate recommendations.

**Improvement in Food Group Intake**

![Graph showing improvement in food group intake](image)