

## THE EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP): 2017 ILLINOIS IMPACTS

2017

Since 1969, EFNEP has reached more than 31 million low income families and youth, helping to improve their diets and food related 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 poorer health outcomes. These also affect minority and low income populations to a greater degree than other groups.

### 2017 EFNEP Educational Reach

9,780 Illinois Residents in Need Received Education

3,576 adults  


6,204 youth  


Total of **13,252** Family Members

### What Clients are Saying...

*"I was surprised by **how much money I saved at the store** after using the sales ads and coupons like we talked about in class."*

*"I've been planning better when shopping each month. It has **helped make sure there is food left** at the end of the month for my family."*

*"I switched to water instead of the soda pop I would drink all day long after learning about sugar. I have **lost 50 pounds** since making this change!"*

### 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.**

**I ILLINOIS**

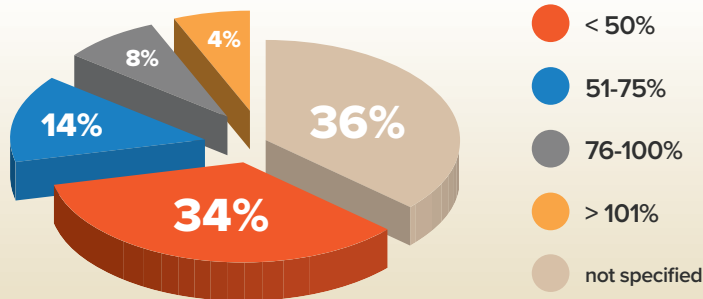
Extension

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# EFNEP: Making a Difference in Illinois

## Reaching Low Income Families Most in Need: Percentage of Poverty Level for 2017 Families



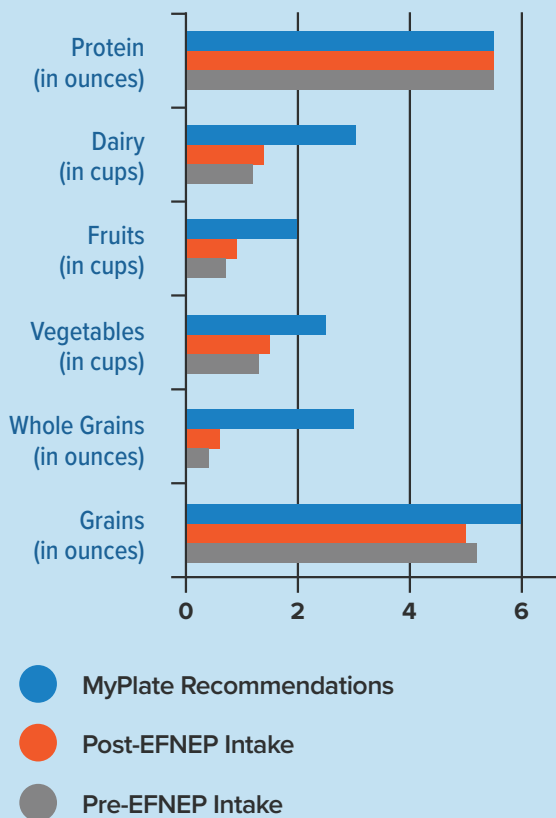
56% who reported income are at or below 100% of poverty level, earning \$24,600 or less for a family of four.

## Working with Diverse Adult Populations

- **89%** female
- **53%** identify as a minority
- **20%** identify as Hispanic or Latino
- **69%** have 1-3 children 19 years or younger

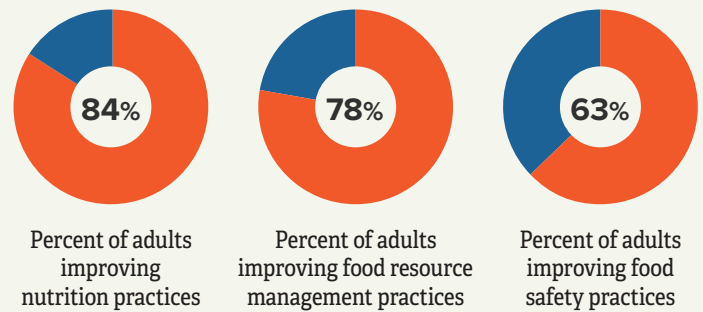
## Demonstrating Results

EFNEP graduates report eating closer to MyPlate recommendations.



## Changing Adult Behaviors, Influencing Youth

### Adults



### Youth (K-9th Grade)

