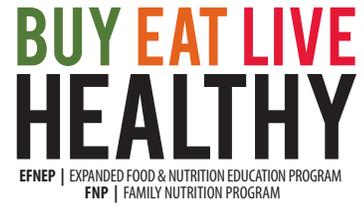


Nutrition Education Programs for Low Income Families (EFNEP/FNP) Promote Positive Health Behavior Change.



DEFINING THE PROBLEM

Overweight and obesity are serious health problems in Iowa. Obesity is linked to risk factors for heart disease, cancer, and stroke, which are the first, second, and third leading causes of death in Iowa. In 2010, 29% of Iowans were obese, based on body mass index (BMI). Furthermore, obesity is highest for people with low household incomes.

The 2009 BRFSS (Behavioral Risk Factor Surveillance System) data show that physical activity among Iowans increases with income. Very alarming is the fact that nearly three times as many people with incomes below \$15,000 report engaging in no physical activity when compared to those with incomes above \$75,000.

The chronic diseases which result from unhealthy lifestyles have become a financial burden to the state and federal government. The estimated medical cost associated with obesity is \$147 billion annually. Increased health care costs associated with obesity threatens our future. It is critical that educational programs work with health promotion and disease prevention initiatives to reverse trends.

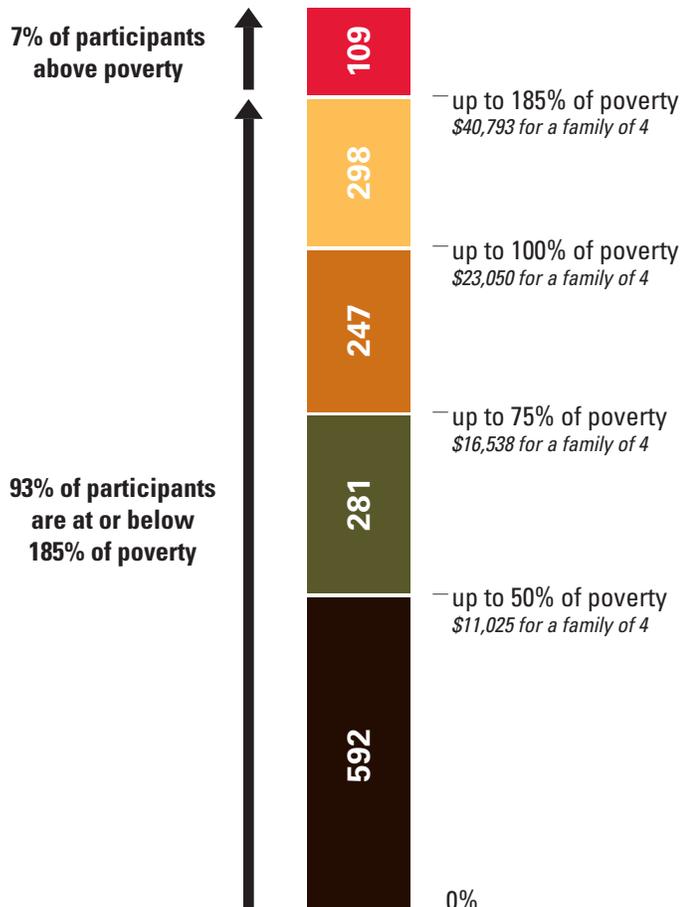
INVESTING IN THE SOLUTION.

In 2012, Iowa State University Extension and Outreach enrolled 1,816 low income adults whose incomes were equal to or less than 185% of the Federal poverty guidelines in the EFNEP (Expanded Food and Nutrition Education Program) and FNP (Family Nutrition Program). Through a series of eight nutrition lessons, participants learned skills necessary to promote healthy life styles such as: eating more meals at home, preparing healthy and tasty meals for their families, increasing fruit and vegetable consumption, controlling portion sizes, increasing physical activity, stretching the food dollar, and food safety.

Partners assisting with these programs included: County Extension Districts, Iowa Department of Human Services who provides SNAP-Ed funds for the FNP program, and numerous community organizations and agencies that promote and help sponsor group meetings.

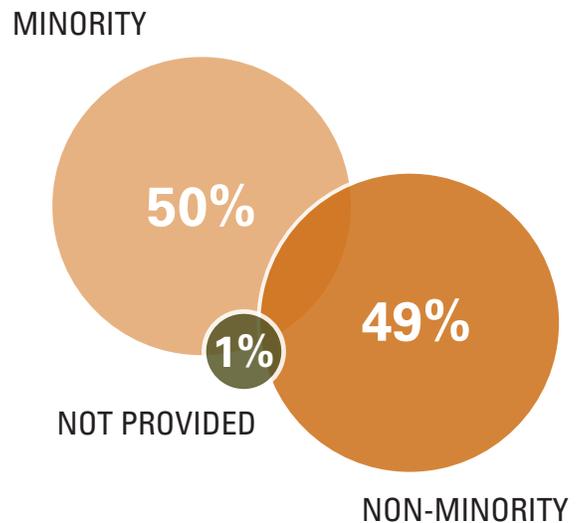
REACHING LOW-INCOME FAMILIES

93% of EFNEP/FNP participants who reported income are at or below 185% of poverty, earning \$40,793 a year or less for a family of four.



REACHING DIVERSE POPULATIONS

About 50% of all EFNEP/FNP adults are minorities.

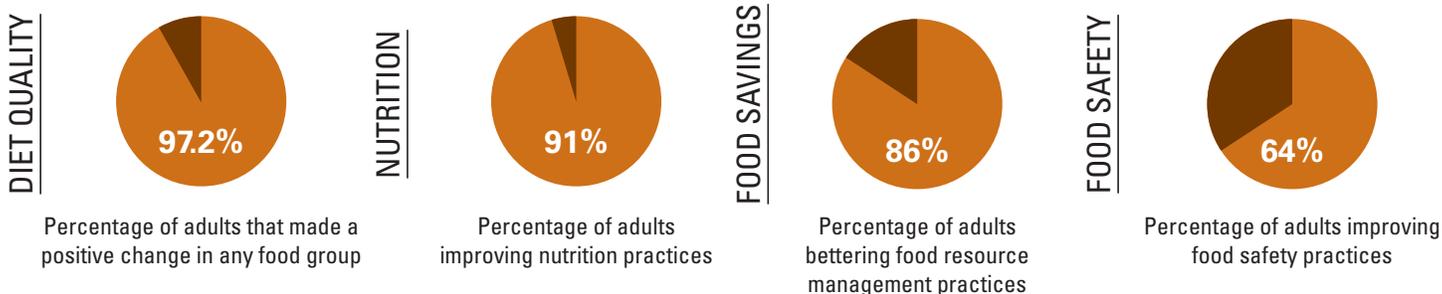


In a group class one participant, Melissa, did not want to learn about or participate in the physical activity. She made negative comments and stated she was not going to participate. When it came time to do the physical activity, Melissa did get up and move, but made negative comments. By the end of the eight lessons, both she and her husband were participating in physical activities. They had changed their buying and eating habits and, between the two of them, they had lost about 45 pounds. Both of them were very happy about how the nutrition classes had helped them make healthy changes.

Paul is a divorced dad with a 3 year old son. He wanted to participate in nutrition classes so he could improve the way he was feeding his son. As each lesson progressed he made large improvements. He began making time to create a menu for the days he would have his son. He began reading labels and purchasing food items that had great nutritional value. His activity level increased and he planned physical activity to do with his son. He began to cook meals instead of purchasing premade food. He looked at the balance of the meal so they could get the recommendations in by the end of each day. In addition to Paul making changes, his mother also improved the nutritional content of her meals and cooking.

Jackie and her husband have two toddlers. A self-described picky eater, Jackie was honest from the beginning about her junk food habit: chips and soda, candy and snack cakes. Because of her reliance on processed and ready-to-eat foods, she spent nearly \$700 each month to feed her family of four. Jackie and her nutrition educator read the labels of the chips and drinks she sometimes brought to class. She also got the chance to learn how to cook a number of recipes in class. Reviving unused, and acquiring new cooking skills, made it easier for her to stop buying and eating so much junk food. "Now I eat health[i]er," Jackie wrote after completing the nutrition classes. "I don't eat processed food any more, and spend \$300 to \$350 [monthly for] grocer[ie]s," she also wrote. "I have cut out a lot of junk food in my diet, and I cut out overeating."

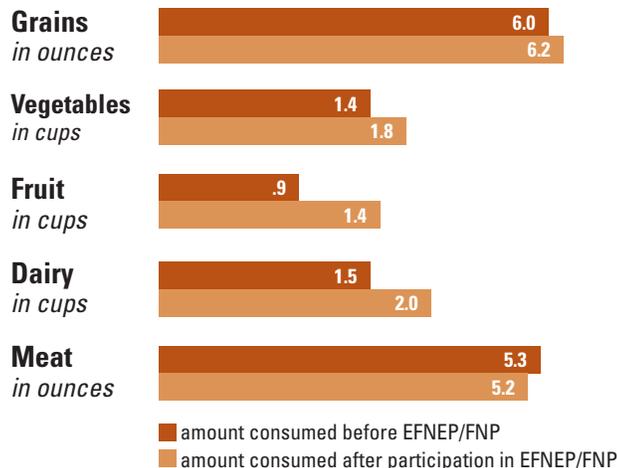
CHANGING ADULT BEHAVIOR



DEMONSTRATING RESULTS

IMPROVEMENTS IN FOOD GROUPS

Data reported through diet recalls show that EFNEP/FNP graduates eat more closely to MyPlate recommendations. It also shows there is still a huge need for nutrition education.



WHY IT WORKS

EFNEP/FNP educators follow a research-based learning model that allows them to effectively reach and educate program participants. Educators are

- **member of the communities** they support;
- **trained/supervised** by university and count-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 of those they teach; and
- **dedicated** to reach diverse, low-income populations.

IOWA STATE UNIVERSITY

Extension and Outreach

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.