EFNEP
(Expanded Food and Nutrition Education Program)
MARYLAND
2017 Annual Report
**EFNEP**

EFNEP is a nutrition education program funded by the U.S. Department of Agriculture - National Institute of Food and Agriculture. The goal of EFNEP is to empower limited-income families with children and youth to make diet and physical activity-related behavior changes as a way to facilitate a healthy lifestyle and reduce chronic disease risk.

### Target Audience

- Limited resource families with young children
- Limited resource youth
- Pregnant and breastfeeding mothers

### Lesson Topics

- Smart Snacking
- MyPlate
- Feeding Children
- Healthy Beverage Choices
- Planning and Shopping
- Eating Breakfast
- Food Safety
- Stretching Food Dollars
- Reading Food Labels
- Physical Activity

### Where We Work

- Allegany County
- Washington County
- Montgomery County
- Prince George’s County
- Charles County
- Cecil County
- Baltimore City
- Wicomico County
- Worcester County
- Somerset County

### Impact

- 23 community-based educators reached...
- 4,928 youth
- 1,068 adults
- 4,114 family members

47% of EFNEP families live at less than half the federal poverty level.
OUR RESULTS

Adult Impact

- 91% of participants reported improved nutrition practices
- 70% improved food safety
- 87% improved food resource management

After completing the nutrition series...
EFNEP participants run out of food less often

- 78% started planning meals in advance
- 63% started using grocery lists when shopping
- 53% run out of food less often

Youth Impact

- 82% of youth improved food selection
- 59% of youth improved food safety
- 54% of youth improved physical activity practices

"My story is short: I lost 15 pounds while I was attending this program. This program helped me to lose those pounds and now I know I will reach my goal." – EFNEP Participant

"I don’t know if I ever thanked you and the staff for the AMAZING and TREMENDOUS job you did with leading nutrition sessions at the B’more Fit sites! I am still hearing great feedback, and I heard that there has been an uptick in weight loss at the Upton site since your sessions. Our moms now have more knowledge about proper nutrition that is helping them to make better food choices! I just wanted to take time out to say, ‘thank you!’” – EFNEP Community Partner
WHAT'S NEW

We are happy to announce that we are LIVE on social media! We have officially launched Facebook, Twitter and Instagram accounts for Maryland EFNEP, which will be used to post EFNEP and nutrition related news.

MDEFNEP   @MDEFNEP   @MDEFNEP

CHAMPION PARENTS

“Champion Parents” are volunteers who were previously EFNEP participants and who are willing to ‘give back’ to the program. “Champion Parents” volunteer their time by assisting educators in the classroom, by conducting grocery store tours and sharing their stories with the EFNEP participants. The role of “Champion Parents” is to empower and motivate other ‘at-risk’ parents in the community and thereby serve as role models in promoting healthy lifestyles. “Champion Parents” will serve as advocates for EFNEP and increase the visibility of EFNEP stakeholders and in the community.

CLINIC-BASED PARTNERSHIPS

Maryland EFNEP partners with Safety net clinics, using the Policy, Systems, and Environmental (PSE) change approach, in an effort to reduce childhood obesity in the state of Maryland. Safety net clinics are Federally Qualified Health Centers which serve low-income pediatric patients and their families.

This initiative was shown successfully decrease children’s BMI, increase parents’ physical activity and fruit and vegetable consumption, and improve resource management behaviors. Feedback from families and pediatric providers indicate high levels of satisfaction, participation, and retention in the program.

FOR MORE INFORMATION...

Visit our website:
http://extension.umd.edu/efnep
or contact

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For every $1 spend on EFNEP, $10.64 is saved in healthcare costs and $2.48 is saved in participants' food costs.