



# UF/IFAS Extension Expanded Food & Nutrition Education Program (EFNEP) 2016 State Impacts

## Mission

EFNEP teaches parents and children how to improve their nutrition practices, stretch their food dollars, practice food safety, and increase their physical activity. EFNEP is a USDA-NIFA funded, research-based program operating in Escambia, Hillsborough, Miami-Dade, Palm Beach, Polk, and Seminole Counties.

## Reducing Health Disparities



**86%** of participants identified as an ethnic or racial minority. Poor health disproportionately affects minority families.



**97%** of participants' incomes fell below the federal poverty level. Low-income families have a higher risk for developing nutrition-related diseases.

## Changing Nutrition and Physical Activity Behaviors

Adult

**92%**

improved nutrition practices.

**89%**

improved food resource management.

**76%**

improved food safety practices.

**40%**

increased their physical activity levels.

Youth

**87%**

increased knowledge or ability to choose healthy food.

**42%**

increased knowledge or ability in food resource management.

**53%**

increased knowledge or ability in food safety practices.

**56%**

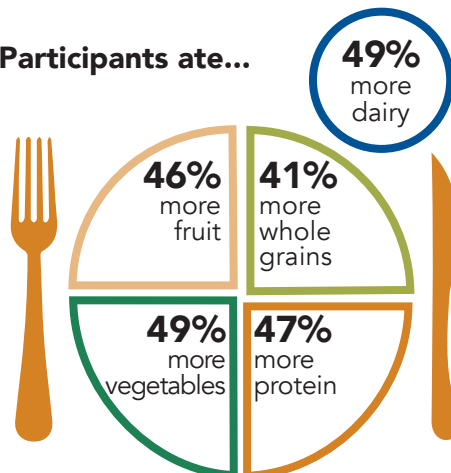
increased knowledge or ability in physical activity practices.

## Improving Eating Habits and Food Security

**57%**

of EFNEP participants decreased their intake of solid fats and added sugars.

Participants ate...



**2,315**

adults reported being more food secure upon program completion.

UF/IFAS EXTENSION EFNEP

EFNEP@ifas.ufl.edu

Phone: (352) 273-3547 • efnep.ifas.ufl.edu

**UF** | IFAS Extension  
UNIVERSITY OF FLORIDA

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers. For more information on federal poverty guidelines, please visit <https://aspe.hhs.gov/poverty-guidelines>