

# EFNEP WORKS 2018

Expanded Food and Nutrition Education Program



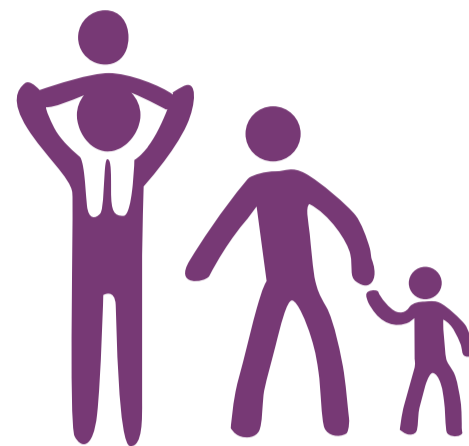
## The Challenge



2 in 3 Wisconsin adults are overweight or obese.



1 in 7 Women Infants and Children (WIC) program participants aged 2-4 years old are obese.



Parents who model healthy eating behaviors have children who have healthy eating behaviors.



**\$3.1 Billion =**  
Cost of obesity in Wisconsin

## EFNEP National Statement

EFNEP uses a holistic nutrition education approach. Participation results in individuals and families experiencing improvements in four core areas:



Diet quality and physical activity



Food resource management



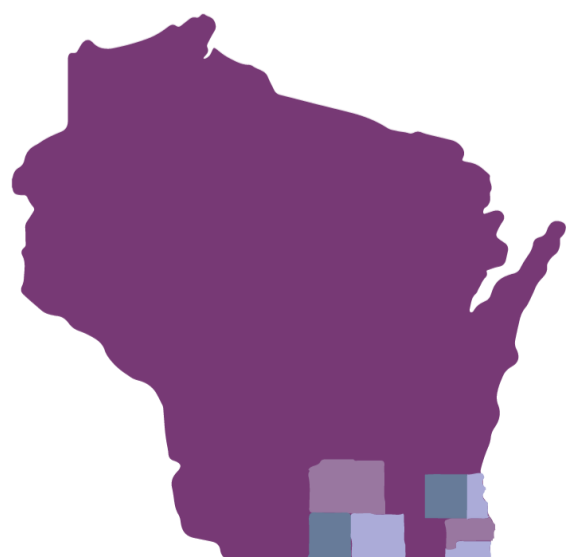
Food safety



Food security

## Program Reach

Paraprofessionals (peer educators) deliver a series of hands-on, interactive lessons to program participants. Lessons are evidence-based and tailored to meet the needs of the audience.



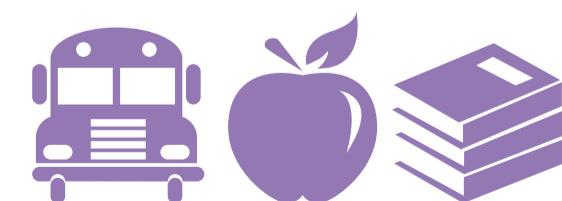
EFNEP is in **8** Wisconsin counties

Dane, Kenosha, Milwaukee, Portage, Racine, Rock, Waukesha, Wood

**479** Adults

AND

**4579** elementary school youth received nutrition education



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Extension

UNIVERSITY OF WISCONSIN-MADISON



Healthy choices, healthy lives.

## Healthy Intentions, Healthy Behaviors

### Diet quality:

**86%**

of adults showed improvement in one or more nutrition practices (i.e. plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or serves children breakfast).

**74%**

of children and youth showed improvement in choosing foods consistent with Federal Dietary Guidelines.



### Physical activity:

**74%**

of adults reported a positive change in physical activity.



**30%**

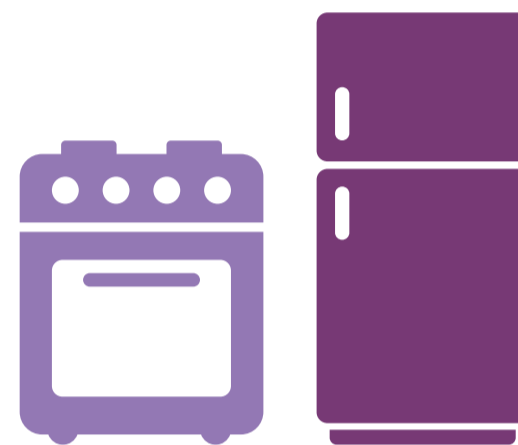
of children and youth showed improvement in one or more knowledge, skill(s), or behavior(s) necessary to improve their physical activity practices.



### Food safety:

**72%**

of adults showed improvement in one or more food safety practices (i.e. thawing and storing foods correctly).



**49%**

of children and youth showed improvement in one or more knowledge, skill or behavior measures related to handling food safely.

### Food security:

**76%**

of adults showed improvement in one or more food resource management practices (i.e. plan meals, compare prices or use grocery lists).



**\$8356**

= total cost savings reported by adult EFNEP program graduates

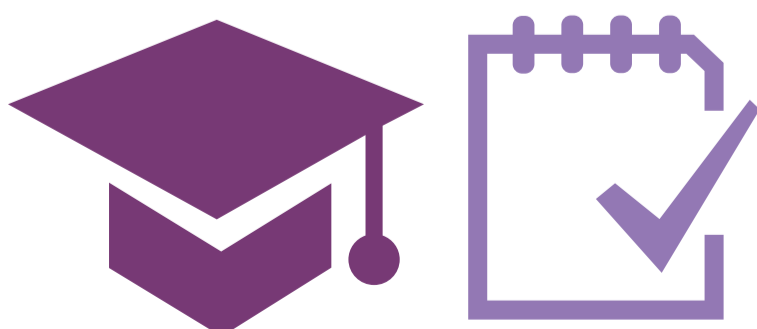


## Making a difference

"I value this program because it is helping me become more aware of what I am putting in my body and some of the negative effects. I appreciate the teacher making it an enjoyable experience."

## Why it works

Programs are evidence-based.



The program builds community, leverages university resources and supports community health.



We help make the healthy choice the easy choice.