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:

1. Diet quality and physical activity
2. Food resource management
3. Food safety
4. 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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Healthy Intentions, Healthy Behaviors

<table>
<thead>
<tr>
<th>Diet quality:</th>
<th>Physical activity:</th>
<th>Food safety:</th>
<th>Food security:</th>
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<tbody>
<tr>
<td>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).</td>
<td>74% of adults reported a positive change in physical activity.</td>
<td>72% of adults showed improvement in one or more food safety practices (i.e. thawing and storing foods correctly).</td>
<td>76% of adults showed improvement in one or more food resource management practices (i.e. plan meals, compare prices or use grocery lists).</td>
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<td>74% of children and youth showed improvement in choosing foods consistent with Federal Dietary Guidelines.</td>
<td>30% of children and youth showed improvement in one or more knowledge, skill(s), or behavior(s) necessary to improve their physical activity practices.</td>
<td>49% of children and youth showed improvement in one or more knowledge, skill or behavior measures related to handling food safely.</td>
<td>$8356 = total cost savings reported by adult EFNEP program graduates</td>
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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.