EFNEP WORKS 2017
Expanded Food and Nutrition Education Program

The Challenge

2 in 3 Wisconsin adults are overweight or obese.

1 in 7 2-4 year old WIC (Women, Infants and Children) program participants 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 7 Wisconsin counties: Dane, Kenosha, Green, Racine, Rock, Milwaukee, Waukesha

958 Adults and 4141 elementary school youth received nutrition education
## EFNEP WORKS 2017

**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>81% 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 has children eat breakfast).</td>
<td>25% of adults reported a positive change in physical activity.</td>
<td>54% of adults showed improvement in one or more food safety practices (i.e. thawing and storing foods correctly).</td>
<td>77% 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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76% of children and youth showed improvement in choosing foods consistent with Federal Dietary Guideline recommendations.

29% of children and youth showed improvement in 1 or more knowledge, skill(s), or behavior(s) necessary to improve their physical activity practices.

46% of children and youth showed improvement in 1 or more knowledge, skill(s), or behavior(s) related to handling food safely.

$29,366 = total cost savings reported by adult EFNEP program graduates

### Making a difference

“Because of this class, I have made many changes in my life. We eat more fresh veggies and fruit. We have also switched from white rice to brown and wheat spaghetti instead of regular.”

### 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.