



Nutrition Education through the Land-Grant University System

EFNEP and SNAP-Ed complement each other to increase reach and improve the nutritional health of low-income populations broadly within states. Here is how the process looks:

The Expanded Food and Nutrition Education Program (EFNEP)

Piloted in Alabama and five other states between 1964 -1968, EFNEP officially became a national program in 1969.

EFNEP participation results in individuals and families experiencing improvements in four core areas: diet quality and physical activity, food resource management, food safety and food security. Community involvement results in increased referrals across programs, organizations, and community groups to address participants' needs and to strengthen the universities' capacity for nutrition educational programming.

The target audience for EFNEP is low-income families, youth, and children. Families may include grandparents and others responsible for feeding young children.

The Beginning



Supplemental Nutrition Assistance Program Education (SNAP-Ed)

SNAP-Ed started in 1988 in Wisconsin and had expanded to all 50 states by 2004. USDA Food and Nutrition Service (FNS) recognizes the start date as 1992 with seven land-grant universities participating.



Program Goals

SNAP-Ed agencies coordinate on assessing the needs of the community to maximize the reach of the program and avoid duplication of efforts for the target audiences. With purposeful planning and coordination, programs serve eligible populations within community settings to achieve the health and behavioral outcomes as outlined in their state program plan. The target audiences for each program are interspersed in low-income communities and through collaboration, programs facilitate engagement in community change that results in making the healthy choice the easy choice.



Target Audience

SNAP recipients across the lifespan are those eligible for SNAP-Ed.

 United States Department of Agriculture
National Institute of Food and Agriculture

Federal Agency



 **Food and Nutrition Service**
U.S. DEPARTMENT OF AGRICULTURE

Cooperative Extension in 1862 and 1890 Land Grant Universities are the sole implementers of EFNEP.



Delivery System

State SNAP Agency (i.e. DHHS, Public Health, etc.) acts as the lead SNAP-Ed agency who subcontracts to one or multiple SNAP-Ed implementing agencies (includes but is not limited to Cooperative Extension).

Federal appropriations to 1862 and 1890 land grant institutions via a formula based on state poverty rates.

Funding



Federal appropriation to each state via a formula based on SNAP participation. State SNAP agencies determine how to allocate funding within the state. Implementing agencies may be designated or identified through a competitive process.

Standardized national reporting system for evaluation and reach that results in nationally-aggregated program participant demographics, outcomes, and impacts (WebNEERS).



Reporting

National online reporting system (EARS) used to aggregate program participant demographics and individual; policy, systems, and environmental (PSE); and partner reach. Additional evaluation data aligned with nationally standardized evaluation indicators is provided to the USDA FNS via state annual reports.

Participants engage in a series of interactive lessons taught by paraprofessional educators who are indigenous to the communities they serve. Lessons may be delivered using a combination of direct education and technology approaches. Staff forge community partnerships to support healthy eating and physical activity among low-income populations through policy, systems, and environmental change efforts.



Delivery Format

Interventions are a combination of direct and indirect nutrition education as well as PSE change initiatives. Programs are delivered by professional and/or paraprofessional staff.

EFNEP reaches close to 500 thousand low-income adults and youth in rural and urban communities each year. Annual data consistently shows that more than 90 percent of adult EFNEP participants report improved behaviors following program involvement. Land-grant universities receive roughly \$69 million in EFNEP funding. For more information on national and state EFNEP impacts:

<https://nifa.usda.gov/efnep-national-data-reports>



Program Impacts

SNAP-Ed reaches roughly 1.7 million people directly and millions more through other approaches each year. Impacts vary according to the education, social marketing, and PSE approaches that are used. Land-grant universities receive roughly \$185 million in SNAP-Ed funding. For more information on land-grant university SNAP-Ed impacts:

<https://nifa.usda.gov/snap-ed-lgu-reports>

Digging Deeper



For more information on EFNEP: <https://nifa.usda.gov/program/about-efnep>

For more information on SNAP-Ed through the land-grant system:

<https://nifa.usda.gov/program/supplemental-nutrition-education-program-education-snap-ed>

For more information on SNAP-Ed: <https://snaped.fns.usda.gov>