



Expanded Food and Nutrition Education Program (EFNEP)

A Request for Equity

How the Program Operates



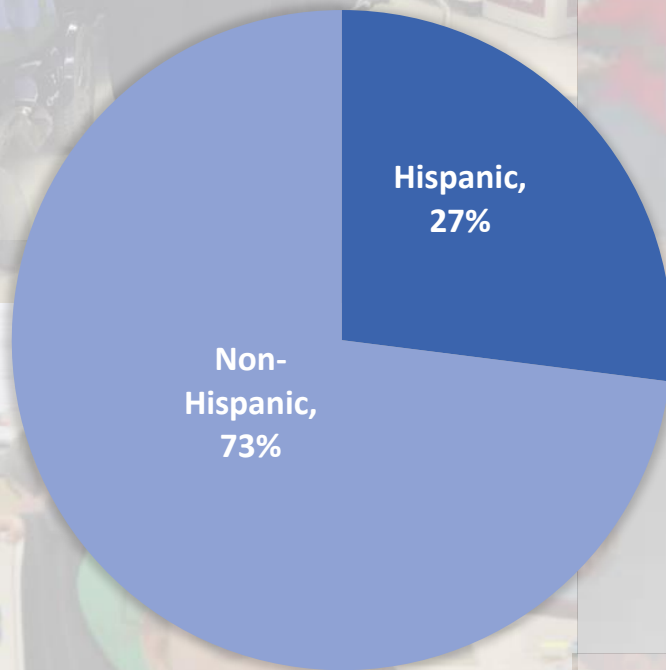
Shewana McSwain
Nutrition Programs Coordinator
NC A&T State University



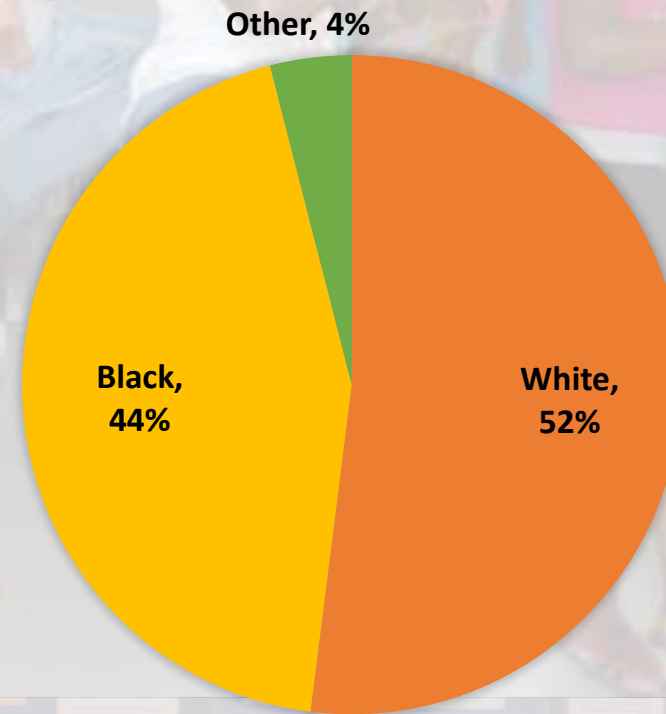
Lorelei Jones
EFNEP Coordinator
NC State University

Diverse Audience

ETHNICITY



RACE



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



United States Department of Agriculture
National Institute of Food and Agriculture



What is EFNEP?

- Federally funded nutrition education program which began in 1969



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- Serves low-income families with children and low-income school-aged youth



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- Federally funded nutrition education program which began in 1969
- Low-income families with children and low-income school-aged youth
- Paraprofessionals (Peer Educators) trained and working through Cooperative Extension



EFNEP Priorities



Nutrition



Physical Activity



Food Resource Management



Food Security



Food Safety

EFNEP Works

Research

- For every \$1 invested in EFNEP, there is up to a \$10 savings in potential health care costs.
- EFNEP is the most successful federally funded nutrition education program in increasing fruit and vegetable consumption

<https://nifa.usda.gov/efnep-research-and-cost-benefit-studies>

What Makes EFNEP Unique?

- Peer Educators
- Practical, hands-on learning



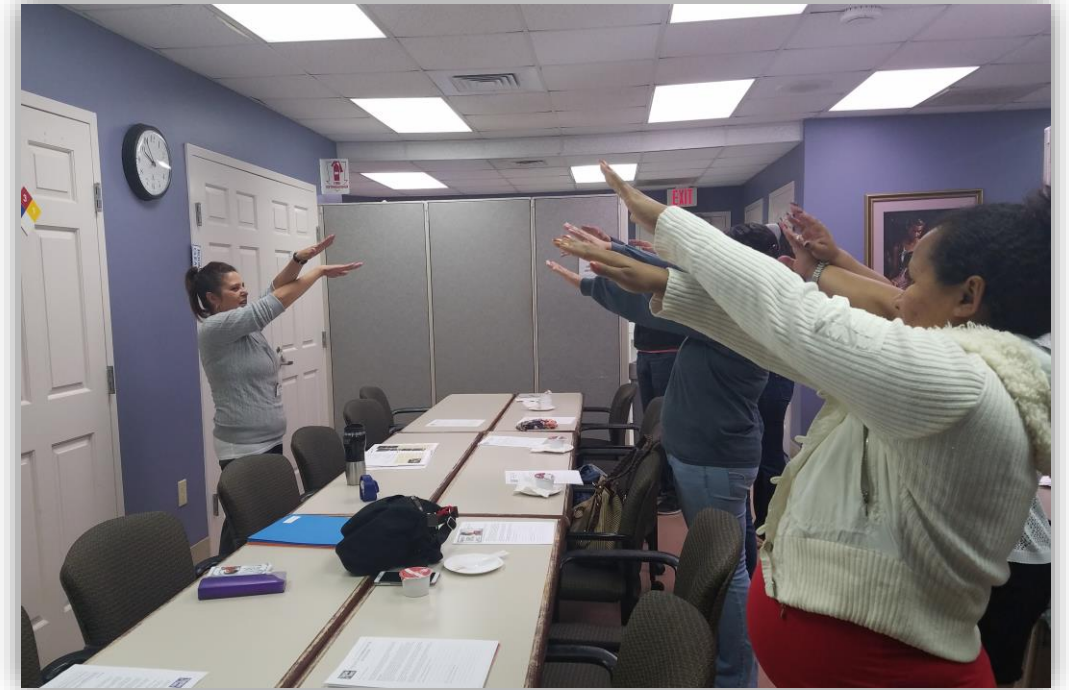
Positive Behavior Change in Participant

- Increased consumption:
 - Fruit: **55%**
 - Vegetable: **54%**
 - Whole Grains: **47%**



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- Increased Physical Activity: **50%**



Positive Behavior Change in Participant

- Increased consumption:
 - Fruit: **55%**
 - Vegetable: **54%**
 - Whole Grains: **47%**
- Increased Physical Activity: **50%**
- Improved Food Resource Management Skills: **90%**



Positive Behavior Change in Participant

- Increased consumption:
 - Fruit: **55%**
 - Vegetable: **54%**
 - Whole Grains: **47%**
- Increased Physical Activity: **50%**
- Improved Food Resource Management Skills: **90%**
- Improved Food Safety: **76%**



Positive Behavior Change in Participant

- Improved dietary intake: **97%**
 - Fruit: **55%**
 - Vegetable: **54%**
 - Whole Grains: **47%**
- Increased Physical Activity: **50%**
- Improved Food Resource Management Skills: **90%**
- Improved Food Safety: **76%**
- Improved Food Security: **58%**

How EFNEP can Address Heart Disease and Stroke Prevention

- Utilize evidence-based strategies that result in behavior change



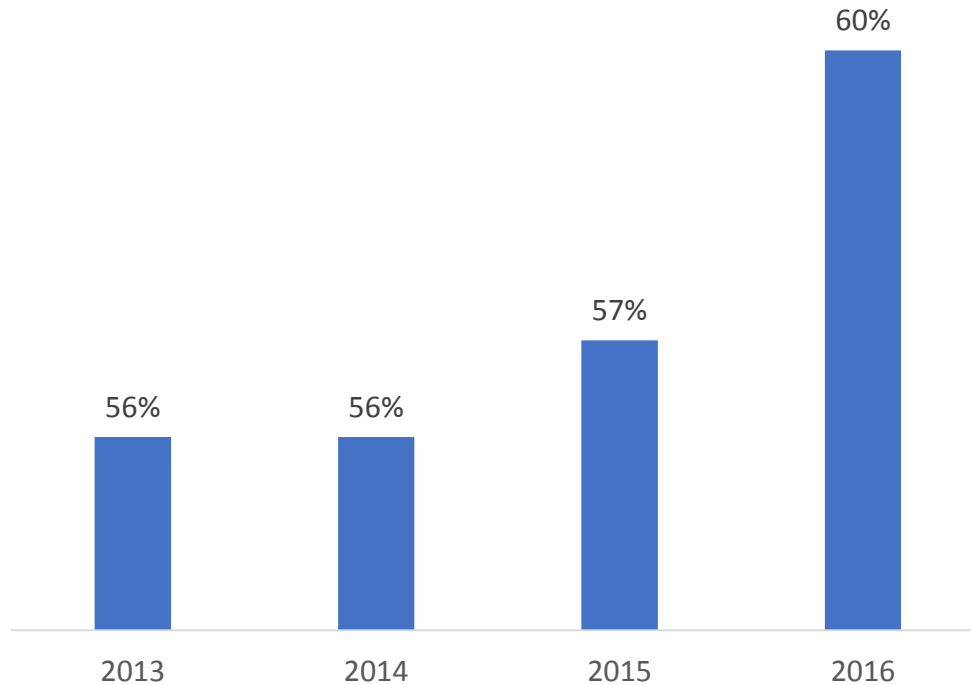
How EFNEP can Address Heart Disease and Stroke Prevention

- Utilize evidence-based strategies that result in behavior change
- Address risk behaviors
 - Sodium
 - Saturated fat
 - Physical inactivity

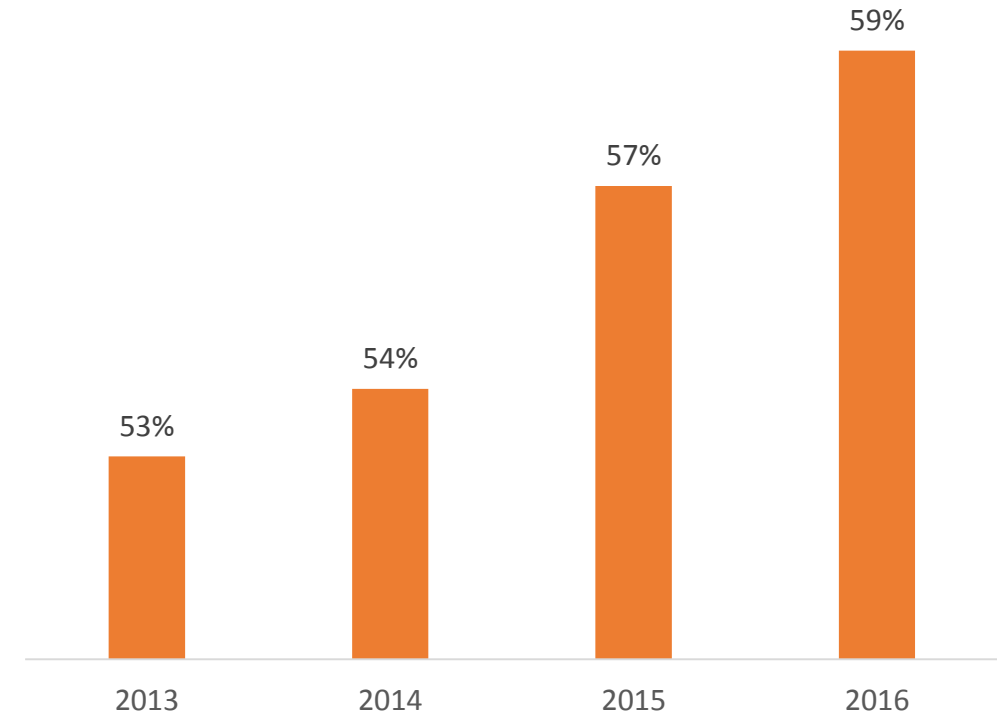


EFNEP Success in Reducing Sodium, Solid Fat and Added Sugars

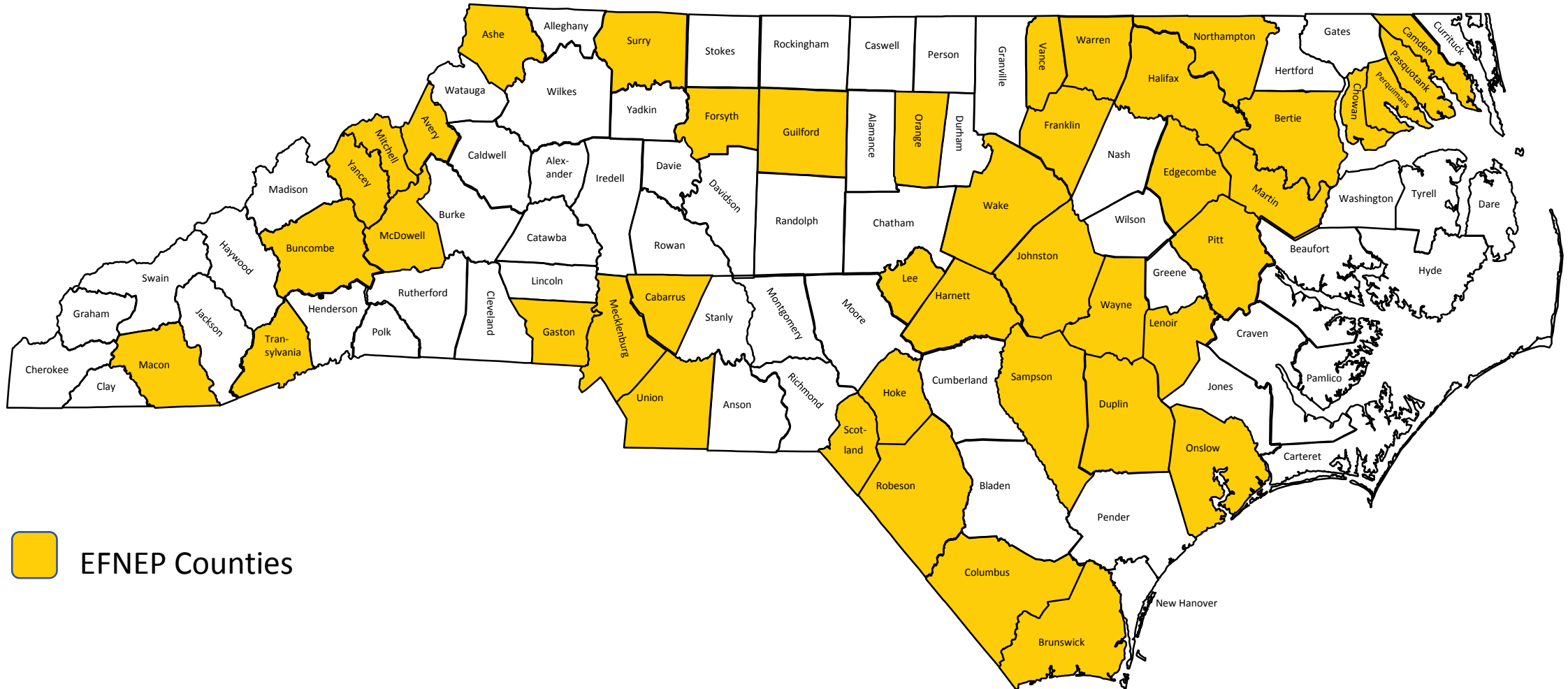
Reduced Sodium Intake



Reduced SoFAs Intake



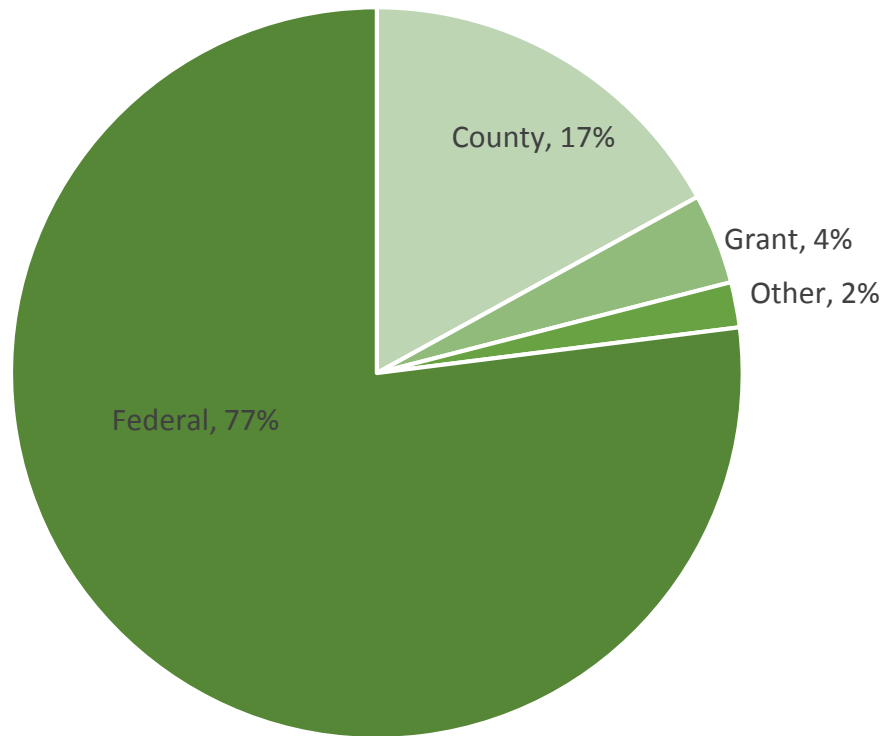
Current EFNEP Outreach



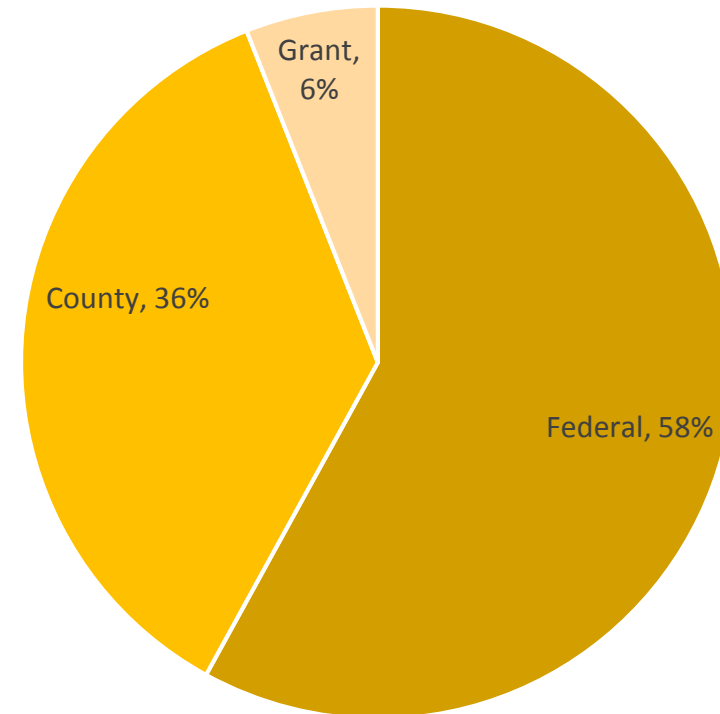
 EFNEP Counties

How EFNEP Funds are Leveraged

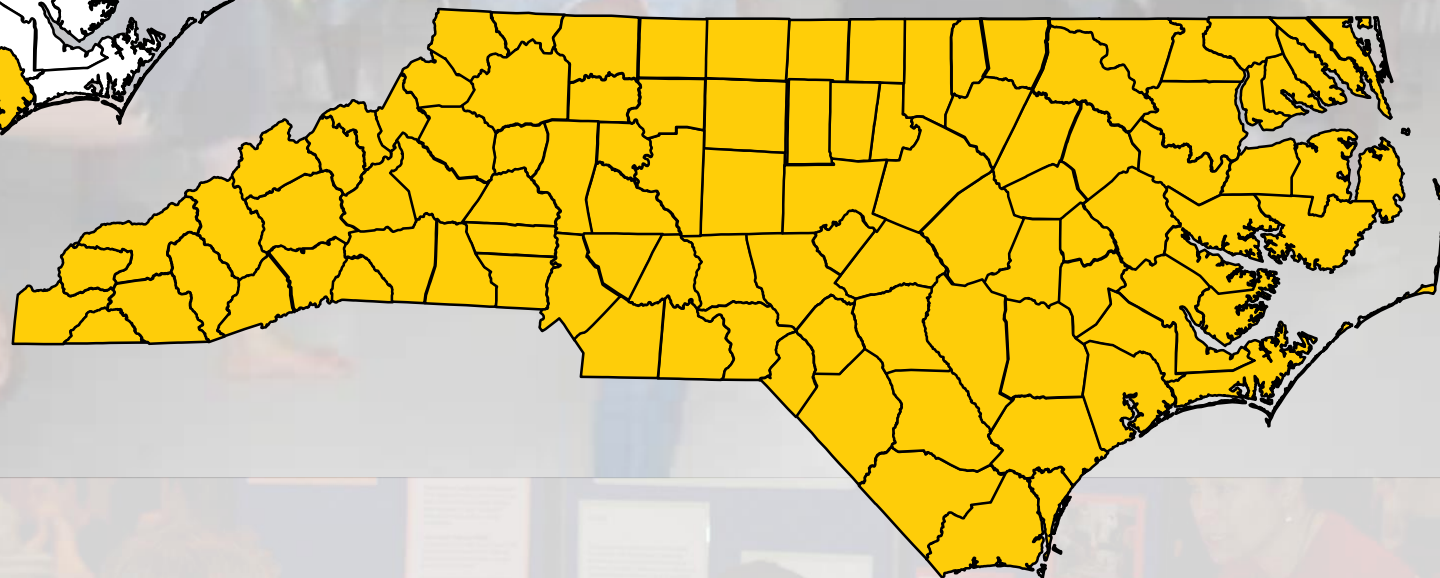
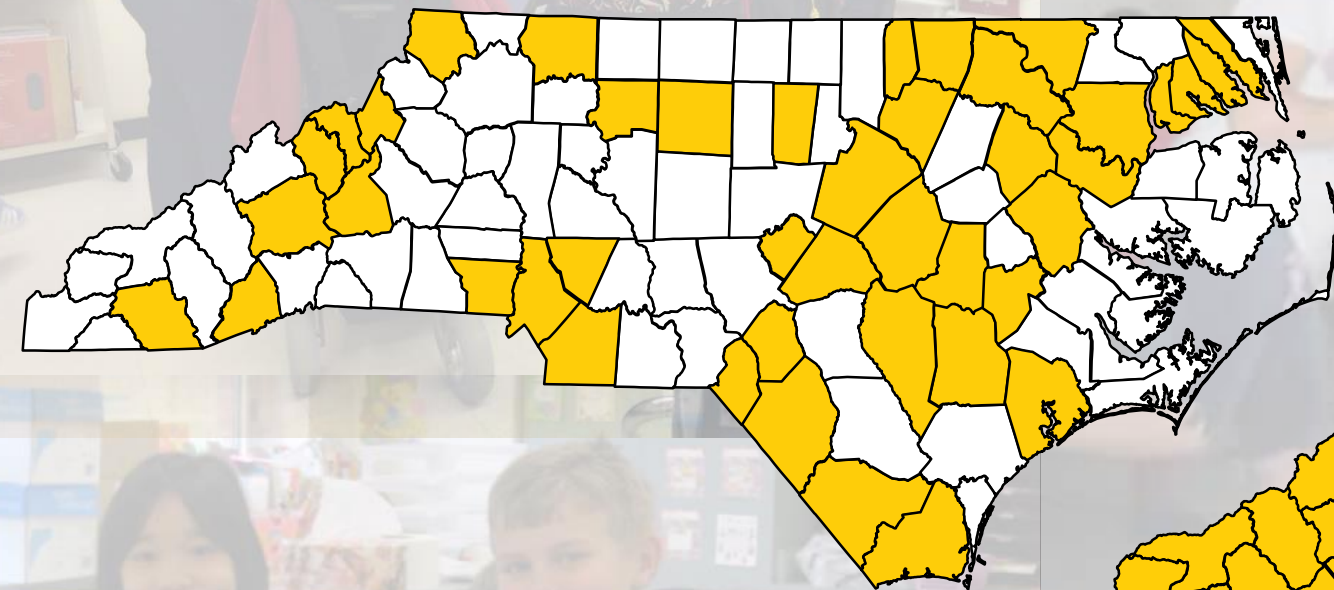
Total Budget



Paraprofessional Salaries and Benefits (70% of Total Budget)



Why Equity is needed



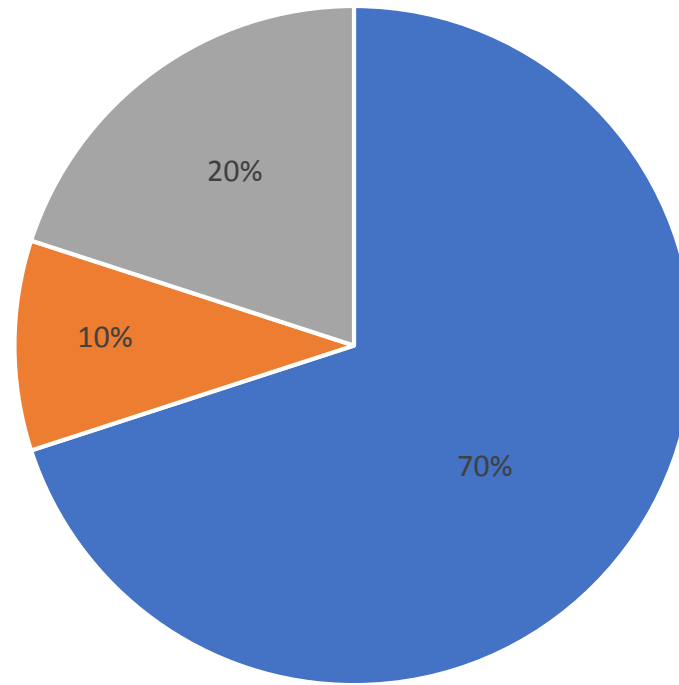
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How funds requested would be used



■ Paraprofessionals ■ Professionals ■ Education and Teaching Materials

EFNEP Success Story



For more about EFNEP and to see the full video visit:
<https://www.ncfamilieseatingbetter.org/EFNEP/partners-about.php>

EFNEP Success Story

