



Family and Consumer Sciences Extension ***Expanded Foods & Nutrition Education Program*** **2011**

The University of Georgia Cooperative Extension

Learning *for* **Life**

The Problem

Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

Research-based Solutions

EFNEP educators follow a research-based learning model that allows them to effectively reach and educate program participants.

Educators are:

- members of the communities they support
- trained/supervised by university and county-based faculty skilled in using hands-on, interactive teaching methods
- committed to delivering sound instruction
- able to influence changes in behavior and impact the lives of those they teach; and dedicated to reaching diverse, low-income populations.

Studies have found that for every \$1.00 spent on EFNEP, \$10.64 will be saved on future health costs.

Extension's Role

EFNEP brings together federal, state, and local resources to target two primary audiences: low-income families with children and low-income youth.

Extension's Contribution to Solving the Problem

- In FY 2011, EFNEP reached 4,370 participants directly and 15,008 family members indirectly. Of the participants, 74% are minorities and 69% received public assistance.
- At least 70% of EFNEP participants are parents. Educating the parents who decide on food purchases and meal preparation in their homes can improve the health of entire families.
- Nutrition education for youth plays an important role in the primary prevention of childhood obesity. A total of 27,838 low-income youth were reached through the EFNEP youth program.

Impact on Georgians

- A total of 3,047 adults completed the EFNEP series in FY 2011.
- After completing the EFNEP program:
 - 96% improved their diets, consuming 0.7 additional cups of fruits and vegetables and 0.3 cups of calcium-rich foods per day.

Impact on Georgians - cont'd

- Families saved an average of \$9.45 per month on food.
- 57% improved food safety practices.
- 78% practiced better food resource management skills.
- 86% improved nutrition practices.

Quotes from adult participants indicate that EFNEP made an impact on their lives.

- *"Now my family is eating healthy meals with more vegetables and fruits."* Appling County
- *"Taught me how to cook quick meals that are also healthy."* Bibb County
- *"I've learned tasty and quick recipes that my family actually likes. I tried them all!"* Chatham County
- *"This program got me involved in getting WIC and asking for the lactose (free) milk and getting 100% juice with calcium to get all the vitamins."* Clarke County
- *"Gave me good suggestions for quick and easy meals that are cheaper and more nutritious than fast food."* Crisp County
- *"When you have someone take time out to show you step by step – it's more understandable..."* Fulton County
- *"My stress level has been down a lot more since I exercise regularly, eat more fruits and vegetables..."* Fulton County
- *"I've started preparing more healthy meals for my family."* Laurens County
- *"It has me trying new recipes that I would have never tried and they are delicious."* Richmond County
- *"I learned about food safety, how to budget buying food, and how to make a healthy meal in 15 minutes."* Ware County
- *"I seriously use less salt in my food and I only season one side of my meat."* Washington County

A total of 20,300 youth participated in foods and nutrition education programs through the EFNEP Childhood Overweight Prevention Project (COPP). Of these youth:

- 35% of 14,165 youth now try to eat foods from all groups every day.
- 28% of 14,655 youth increased the amount of fruits and fruit juice consumed daily.
- 27% of 14,668 youth increased the amount of vegetables consumed daily.
- 43% of 14,678 youth gained knowledge about serving sizes of foods.
- 49% of 14,557 youth gained knowledge on the nutrient density of foods.
- 35% of 13,866 youth have a greater understanding of what foods to eat for good health.
- 38% of 14,407 youth gained knowledge on how to read food labels to compare fat and calories in food.
- 16% of 14,632 youth reported that they decreased the amount of sweet tea and soda they consumed.
- 22% of 14,386 youth increased their exercise and physical activity.

Contact

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