

Demonstrating Results

Youth Participants

Youth participants engage in a series of sessions, delivered over time. The nutrition education is provided in group settings and engage youth through interactive learning experiences.

The sessions increase youths' awareness of and behaviors related to healthy eating and active lifestyles. The sessions include food and physical activity experiences.

As a result of participating in the series:

- ◆ 81% improved their ability to choose healthy foods.
- ◆ 52% increased their frequency of being physically active.
- ◆ 39% improved their food safety practices.
- ◆ 45% increased their food preparation skills.



Milk: A Healthy Choice

"My twin 6 year old girls and I attended lessons together. We learned to cook together. We are now preparing more meals at home."

- Participant North Country Region



Helping Families Eat Better for Less! 2017

The Expanded Food and Nutrition Education Program (EFNEP) is administered through the U.S. Department of Agriculture's (USDA) National Institute of Food and Agriculture (NIFA) and is offered through land-grant universities.¹ EFNEP has been delivered by Cornell Cooperative Extension (CCE) since 1969.

EFNEP helps low-income families and children improve their nutritional well-being, through a series of hands-on, interactive lessons where participants learn and are encouraged to improve their food and physical activity knowledge, skills and behaviors.¹

¹ The Expanded Food and Nutrition Education Program Policies <https://nifa.usda.gov/sites/default/files/program/EFNEP%20Policy%20Document%202015%20Update%20P1.pdf>

"I am reading labels! I select foods lower in sugar and sodium. I have lost weight, but my real change is I am taking a lower dosage of medicine to control my blood pressure. Thank you!!"

- Participant Metropolitan Region

The Challenge

The poverty rate in NYS is 16% with 22% of children under the age of 18 living in poverty.² The percentage of adults, in NYS, who are overweight or obese was 61% in 2014.³ The percent of adults who are obese is 25.5%, and currently 31.8% of children age 10 – 17 are obese or overweight.⁴

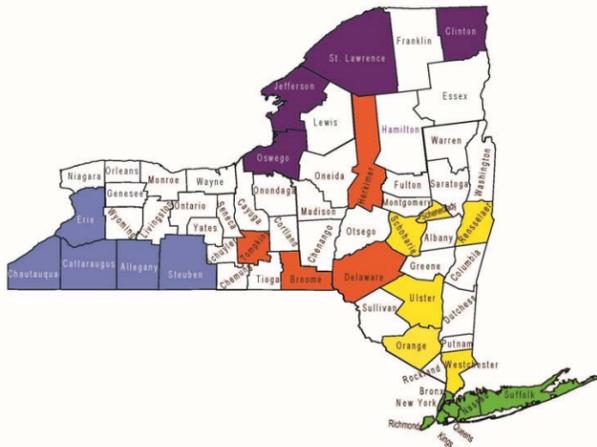
Overweight and obesity are associated with serious chronic health problems, including diabetes, hypertension and heart disease. People living in poverty are more likely to suffer from a variety of chronic health problems, both psychological and physical. While only one component of the overweight and obesity issue, and one of a host of concerns for people in poverty, nutrition education can mitigate those associated with suboptimal food choice practices..

² New York State Annual Poverty Report, 2017 http://nyscommunityaction.org/PovReport/2016/Poverty%20Report_2017_Master%20Doc.pdf
³ NYS DOH BFRSS, 2016 - <https://www.cdc.gov/brfss/brfssprevalence/>
⁴ Better Policies for a Healthy America 2016 - <https://www.stateofobesity.org/states/ny/#print>



Cooking together encourages children to try new foods!

New York State



Counties highlighted in color have at least one EFNEP staff member within the county. Counties of like color represent the five regions of the state. Service crosses county borders, as needed.

Contact Us

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Visit our website
fnec.cornell.edu

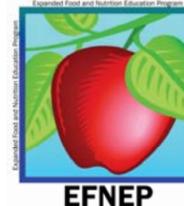
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[Facebook.com/Adopting Healthy Habits](https://www.facebook.com/AdoptingHealthyHabits)

For more information about our statewide program

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Investing in the Solution

During FFY2017, EFNEP was delivered in 24 of the 62 counties in New York State with nutrition education provided by 83 highly qualified and trained paraprofessional staff, reaching 14,838 adult and youth participants, impacting the lives of 31,857 New York low-income family members.

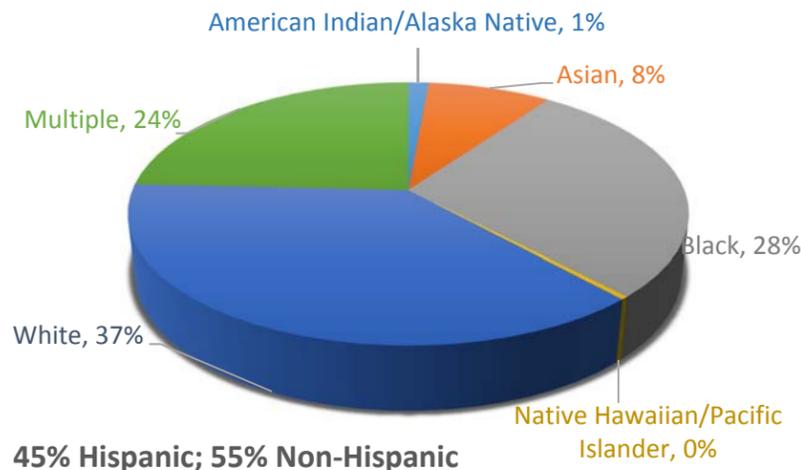
Graduates complete at least 6 nutrition education sessions:

- ◆ 6,322 adults graduates - mean of 7.2 ± 1.1 sessions
- ◆ 5,939 youth graduates - mean of 6.1 ± 0.5 sessions

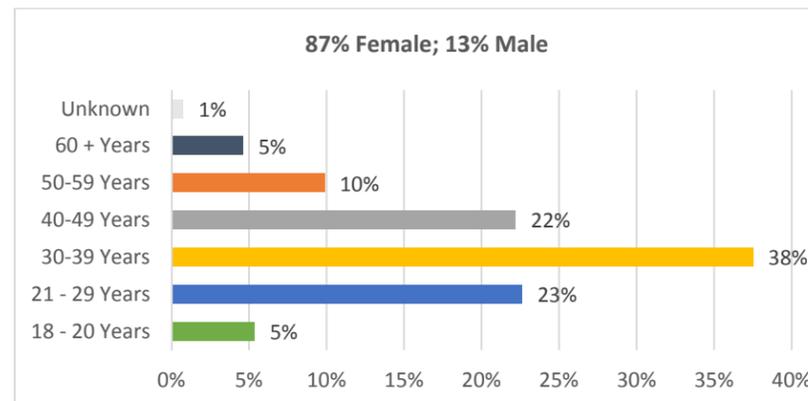


Reaching Diverse Audiences

Race & Ethnicity

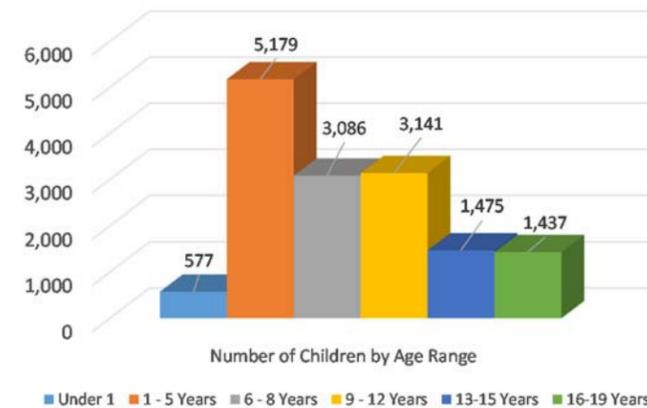


Adult Age Range and Gender

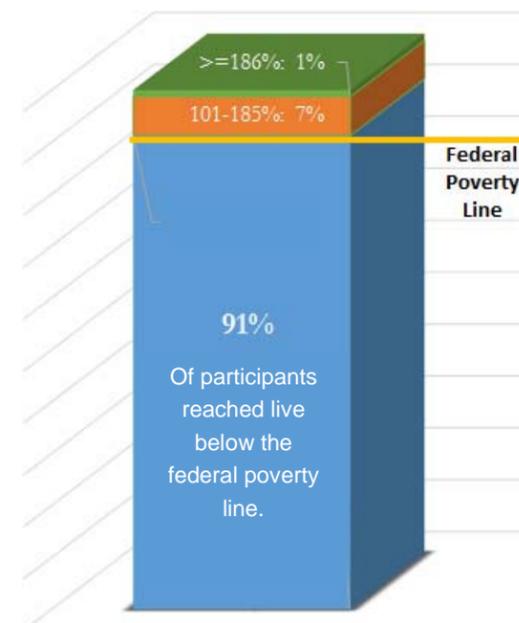


Youth: 50% Female; 50% Male

Children of Enrolled Adults



Reaching low-income



Economic Implications

EFNEP has been shown to be cost-effective:

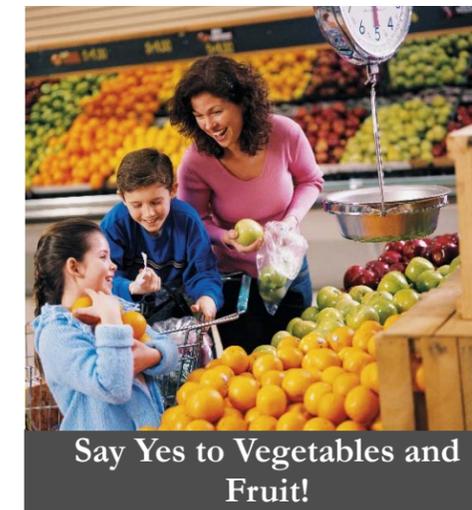
- ◆ Saving about \$10 in health costs for every EFNEP dollar invested.

Participants save money while continuing to make more healthful choices:

- ◆ Saving about \$5 in food costs for every EFNEP dollar invested.

Participants increase the servings of vegetables and fruit consumed:

- ◆ An increase of 439.4 tons of produce with a minimum economic value of \$431,000.



"I always hear about menu planning, but didn't know how, until this class. This is so simple! I make a grocery list and my boys can help!"

- Participant North County

Demonstrating Results

Adult Participants

Adult participants engage in a series of sessions, delivered over time to facilitate knowledge gain, skill development and behavior change. The sessions are delivered in an interactive manner, with hands-on activities which appeal to the different learning styles of adult participants.

The series contains sessions on:

- ◆ planning healthy meals,
- ◆ stretching the families food resources,
- ◆ using safe food handling and storage practices, and
- ◆ preparing tasty recipes.

Each session contains a 5-10 minute structured physical activity break. The breaks are intended to demonstrate the ease with which activity can be integrated into participants' lives, as well as provide practical examples of things that can be done outside of the classroom.

As a result of participating in the series:

- ◆ 80% improved their food resource management skills.
- ◆ 87% improved their diet quality practices.
- ◆ 66% improved their food safety practices.
- ◆ 48% increased their frequency of being physically active.

Studies of retention of behavior change indicate that these changes are maintained four years post-education.⁵

⁵ <http://www.ncsu.edu/ffci/publications/2012/v17-n2-2012-summer-fall/index-v17-n2-december-2012.php>

