



# Expanded Food & Nutrition Education Program



## Effective Education on Dietary Choices *To Improve Health in Diverse Audiences*

### MISSION AND GOAL

Help youth and low-income families to improve health and quality of life by learning:

- Basic concepts of food and nutrition
- Buying skills
- Meal planning
- Food safety
- Food resource management

### OUTREACH LOCATIONS

Cache, Davis, Morgan, Salt Lake, and Weber Counties

### PARTNERING AGENCIES

EFNEP complements services provided by other agencies. We network with Utah State University Extension, Women, Infant and Children (WIC), Supplemental Nutrition Assistance Program Education (SNAP-Ed), Head Start, Young Mothers Program for teenage mothers, Utah Workforce Services, social services, food pantries, and youth programs, such as Boys and Girls Club.

### IMPACT

In FY 2010, 5,903 youth and 603 adults graduated from the EFNEP program, learning how to prepare healthy meals for their families, stretch their food budgets, and find ways to be more active. Participants also learned to set mini-goals to steadily modify their behavior for achieving a balanced, healthy lifestyle.

### IRREFUTABLE RESULTS

EFNEP graduates in FY 2010 made measurable progress:

US	Utah	
94%	98%	Had a positive change in any food group at exit.
89%	92%	Increased nutrition practices, such as reading nutrition labels and making healthful food choices, especially breakfast for children.
84%	88%	Increased food security and improved their food resource management practices, such as meal planning and shopping with a list.
67%	66%	Improved food safety practices, such as storing and thawing food properly.
49%	80%	Reported at least 30 minutes of physical activity each day.

### A SOLID RETURN ON INVESTMENT

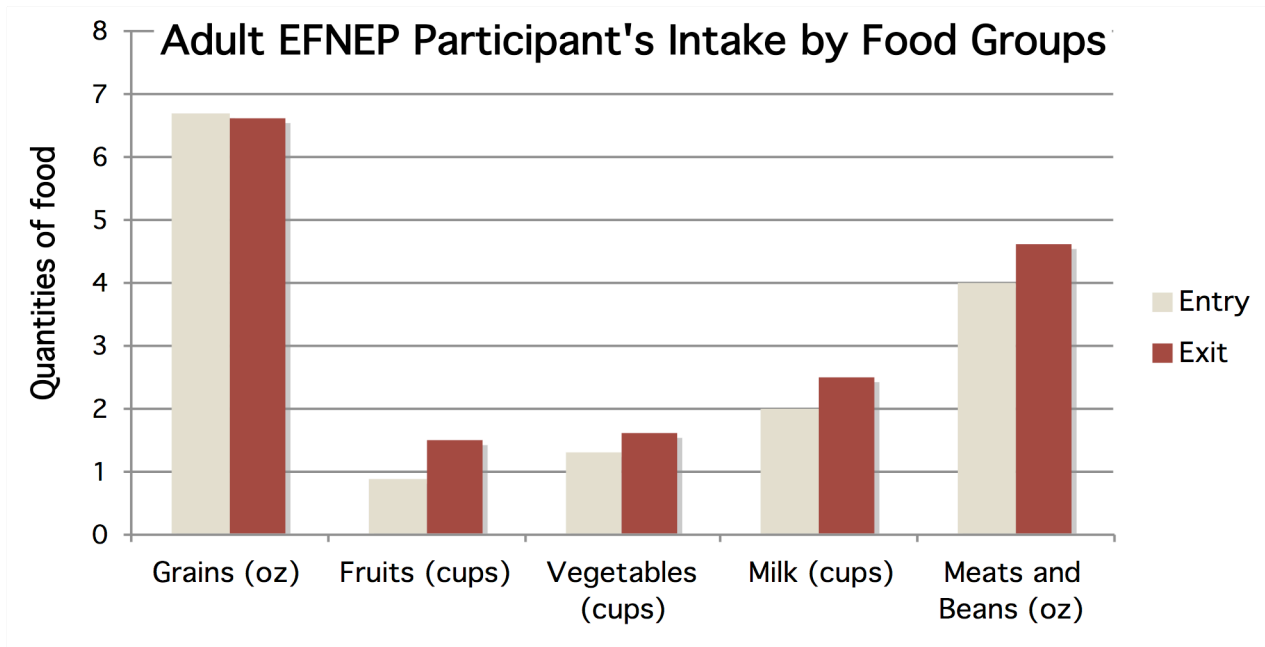
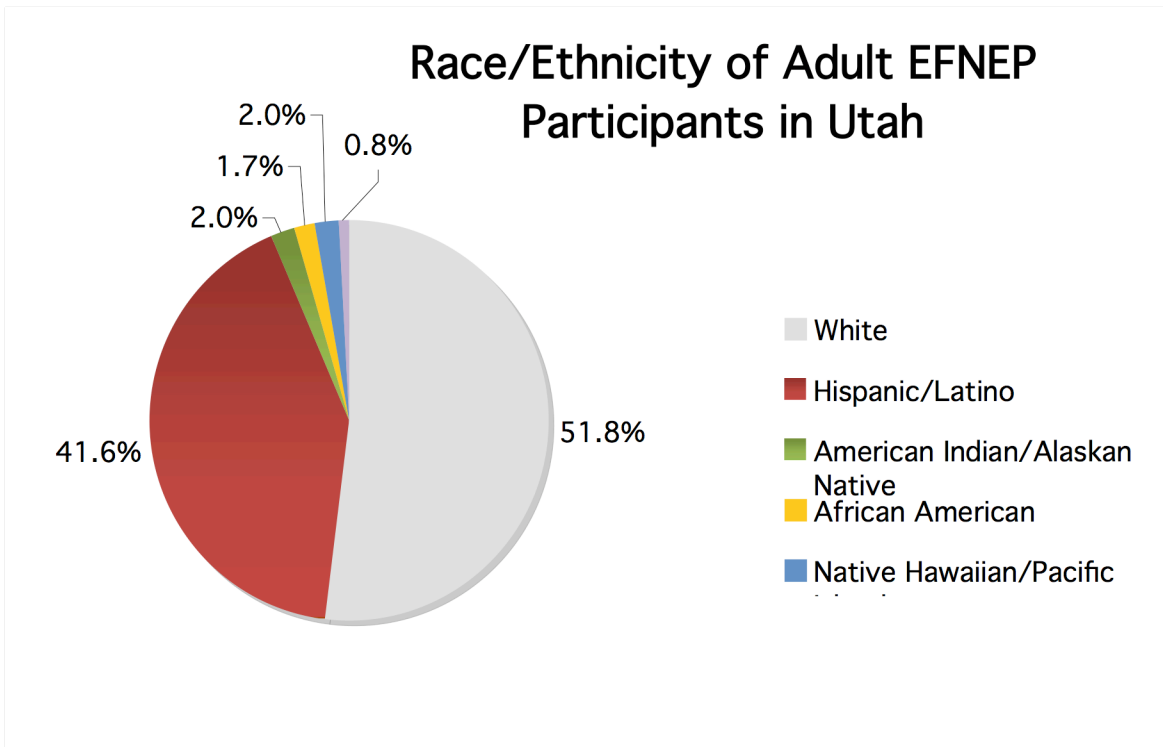
Cost-benefit studies have shown that for every dollar invested in EFNEP, health care costs can be expected to decline by \$10.64. For Utah in FY 2010, more than \$4.3 million was saved.

Money spent on food per capita/month dropped by **5%**

Health care cost **SAVED... \$4,289,708**



EFNEP is now serving Cache, Davis, Morgan, Salt Lake, Utah and Weber Counties in Utah  
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Adult graduates' Healthy Eating Index mean score\* improved by 6.4 (from 63.4 to 69.8); 28% graduates improved in physical activity. Mean grains intake met recommendation level. Mean intake of fruits and vegetables increased by 0.9 cup/day, dairy and milk products increased by 0.5 cup/day, and meats and beans increased by 0.6 oz/day.

\*HEI Scores: Poor = 0 to 50, Need Improvement = 51 to 80, and Good = 81 to 100