



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, 1,959 youth and 264 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:

Utah Weber

98% **98%** Had a positive change in any food group at exit.

92% **90%** Increased nutrition practices, such as reading nutrition labels and making healthful food choices, especially breakfast for children.

88% **87%** Increased food security and improved their food resource management practices, such as meal planning and shopping with a list.

66% **56%** Improved food safety practices, such as storing and thawing food properly.

80% **82%** 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 Weber County in FY 2010, as much as \$1.9 million was saved.

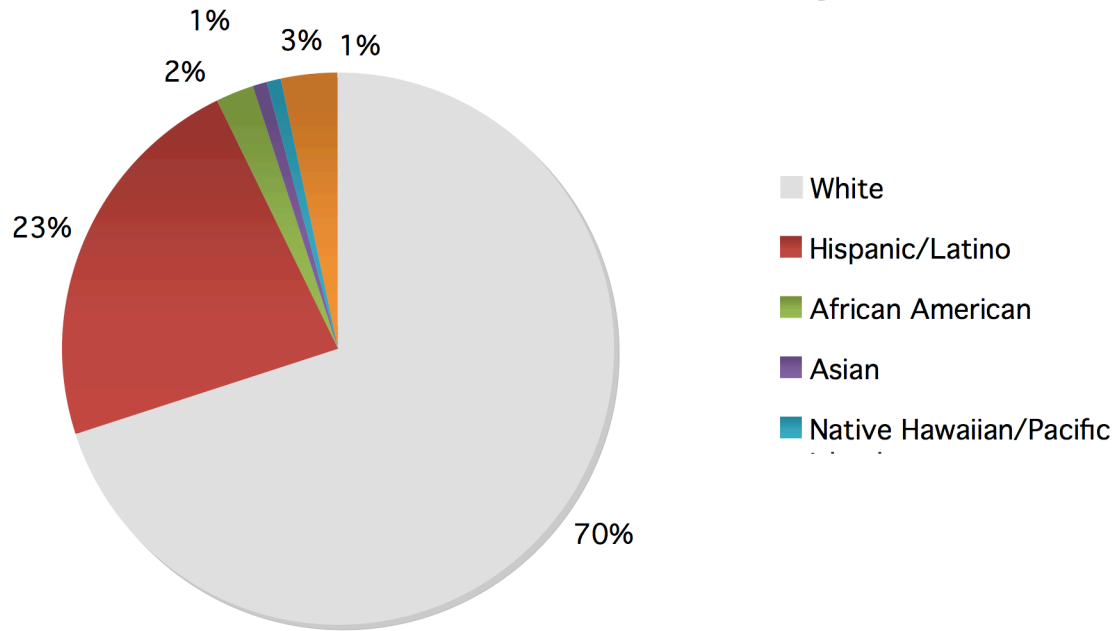
Money spent on food per capita/month dropped 8.8%

Health care cost SAVED... \$1,878,081

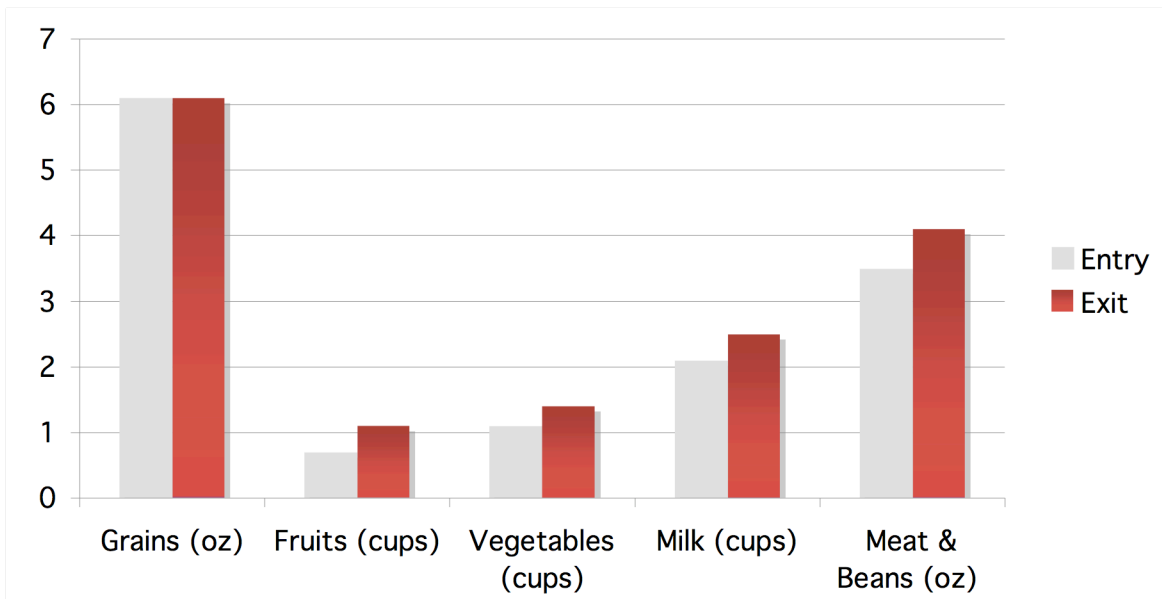


EFNEP is now serving Cache, Davis, Morgan, Salt Lake, Utah and Weber Counties in Utah
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Race/Ethnicity of Adult EFNEP Participants in Weber County



Adult EFNEP Participant's Intake by Food Groups



Adult graduates' Healthy Eating Index mean scores* improved by 8.7 (from 62.1 to 67.8); 18.6% graduates improved in physical activity. Mean intake of grains met the recommendation level of 6 oz/day. Mean intake of fruits and vegetables increased by 0.7 cup/day, dairy and milk products increased by 0.4 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