

EFNEP WORKS 2019

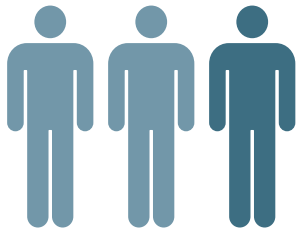
Expanded Food and Nutrition Education Program



FOOD WISE
Healthy choices, healthy lives.

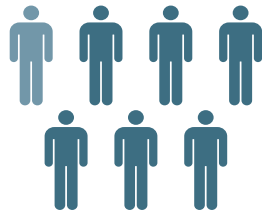
UW-MADISON EXTENSION

THE CHALLENGE

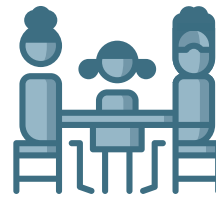


2 in 3

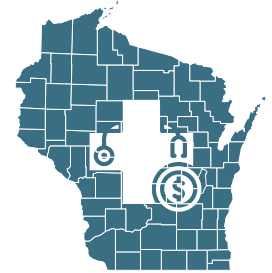
Wisconsin adults are overweight or obese.



1 in 7 Women Infants and Children (WIC) program participants aged 2-4 years old are obese.



Parents who model healthy eating behaviors have children who have healthy eating behaviors.



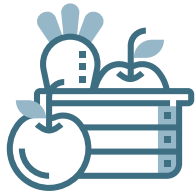
\$3.1 Billion

Cost of obesity in Wisconsin

EFNEP NATIONAL STATEMENT

EFNEP uses a holistic nutrition education approach. Participation results in individuals and families experiencing improvements in four core areas:

1



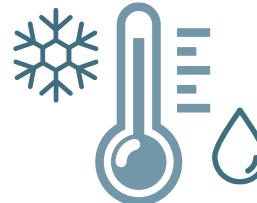
Diet quality and physical activity

2



Food resource management

3



Food safety

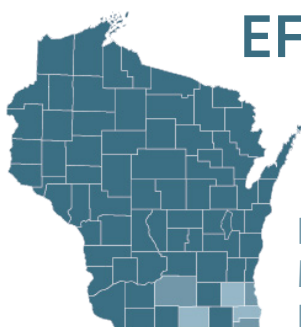
4



Food security

PROGRAM REACH

Paraprofessionals (peer educators) deliver a series of hands-on, interactive lessons to program participants. Lessons are evidence-based and tailored to meet the needs of the audience.



EFNEP is in
6 WISCONSIN
COUNTIES

DANE, KENOSHA,
MILWAUKEE, RACINE,
ROCK, WAUKESHA

473 adults and **3,270** elementary school youth received nutrition education.



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UW-MADISON EXTENSION

HEALTHY INTENTIONS, HEALTHY BEHAVIORS

DIET QUALITY

89% of adults showed improvement in one or more diet quality indicators.

(i.e. eating fruits and vegetables [including red, orange, and dark green vegetables], drinking less regular soda, drinking less sugar-sweetened beverages, and cooking dinner at home)

84% of children and youth showed improvement in choosing foods consistent with Federal Dietary Guidelines.



PHYSICAL ACTIVITY

75% of adults reported a positive change in physical activity.



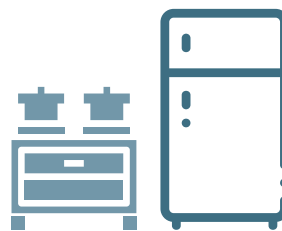
44% of children and youth showed improvement in one or more knowledge, skill(s), or behavior(s) necessary to improve their physical activity practices.



FOOD SAFETY

73% of adults showed improvement in one or more food safety practices.

(i.e. thawing and storing foods correctly)



52% of children and youth showed improvement in one or more knowledge, skill or behavior measures related to handling food safely.

FOOD RESOURCE MANAGEMENT

69% of adults showed improvement in one or more food resource management practices.

(i.e. plan meals, compare prices or use grocery lists)



\$3,003
= total cost savings reported by adult EFNEP program graduates.



MAKING A DIFFERENCE

"Families report they are paying more attention to the kinds of foods they purchase and the quantities. My students are more interested in making recipes and eating fresh foods." *-Teacher*

WHY IT WORKS



Programs are **EVIDENCE-BASED.**



The program builds community, leverages university resources and supports community health.



We help make the healthy choice **the easy choice.**