

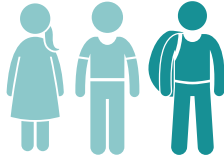


## THE LANDSCAPE



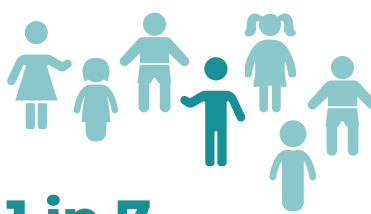
**1 of 10**

Wisconsin households are food insecure



**1 in 3**

adults in Wisconsin have obesity



**1 in 7**

Women, Infants & Children (WIC) program participants aged 2-4 years old have obesity



Parents & caregivers who model healthy eating behaviors have children with healthy eating behaviors

## EFNEP NATIONAL STATEMENT

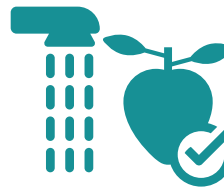
EFNEP uses a holistic nutrition education approach. Participation results in individuals and families experiencing improvements in four core areas:



Diet quality & physical activity



Food resource management



Food safety



Food security

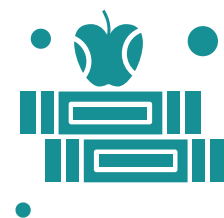
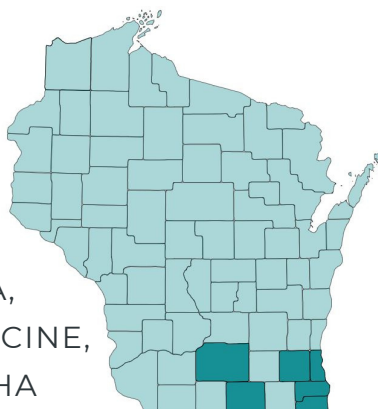
## PROGRAM REACH

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



**208** adults & **813** youth received nutrition education



## HEALTHY INTENTIONS, HEALTHY BEHAVIORS

### Diet Quality

**96%** of adults improved diet-quality indicators such as eating fruits & vegetables, drinking less sugar-sweetened beverages, & cooking dinner at home.



**84%** of youth & children improved making choices for foods consistent with Federal Dietary Guidelines.

### Food Resource Management

**91%** of adults improved practices like meal plans, comparison of prices or use of grocery lists.



**\$67.66** average monthly food cost saving per participant following an EFNEP program.

### Food Safety

**65%** of adults improved food safety practices, such as thawing & storing foods correctly.



**47%** of youth improved knowledge, skills, or behaviors related to handling food safely.

### Physical Activity

**63%** of adults reported positive change in physical activity.



**54%** of youth improved knowledge, skills, or behaviors necessary to improve their physical activity practices.

## MAKING A DIFFERENCE



I wanted to share a picture that a mom sent me this week. Her teen made parfaits for them on Monday. I had a virtual visit with them yesterday and they LOVE Teen Cuisine!



— Health & Human Services Social Worker

## WHY IT WORKS

Programs are **evidence-based**.



They **build community**, leverage university resources & **support community health**.

