



# EFNEP WORKS 2022

Expanded Food & Nutrition Education Program

## THE LANDSCAPE



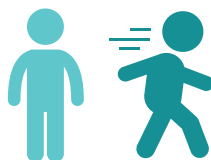
**1 of 10**

Wisconsin households are food insecure



**1 in 15**

Wisconsin adults eat the recommended daily amount of fruits & vegetables



**1 in 2**

youth get the recommended level of physical activity



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

## EFNEP NATIONAL STATEMENT

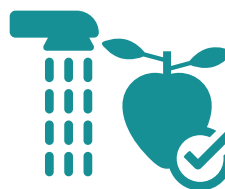
EFNEP uses a holistic nutrition education approach. Participation results in individuals and families experiencing improvements in four core areas:



Diet quality & physical activity



Food resource management



Food safety



Food security

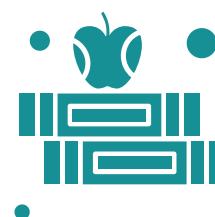
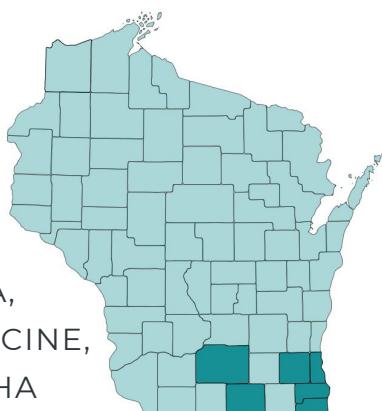
## PROGRAM REACH

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



**201** adults & **1,047** youth received nutrition education



## HEALTHY INTENTIONS, HEALTHY BEHAVIORS

### Diet Quality

**97%** of adults improved diet-quality indicators such as eating fruits & vegetables, drinking less sugar-sweetened beverages, & cooking dinner at home.



**86%** 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.



**42%** of youth improved knowledge, skills, or behaviors related to preparing simple, nutritious, and affordable food.

### Food Safety

**76%** of adults improved food safety practices, such as thawing & storing foods correctly.



**56%** of youth improved knowledge, skills, or behaviors related to handling food safely.

### Physical Activity

**64%** of adults reported increased physical activity.



**55%** of youth improved knowledge, skills, or behaviors necessary to improve their physical activity practices.

## MAKING A DIFFERENCE

I started to try a lot more foods since nutrition (lessons) started.

5th Grade Student

A little walking makes such a big difference!

Eating Smart  
Being Active  
Participant

...we learned about portion size servings, and how to incorporate more vegetables in our recipes. We can now pass along the information by sharing what we learned.

Adult Participant

## WHY IT WORKS

Programs are **evidence-based**.



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

