An Introduction to The Expanded Food and Nutrition Education Program (EFNEP)

Falcon Conference
Albuquerque, New Mexico

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7 November 2016
Background

14 years

9 years
What EFNEP Is Not

• Competitive grants program
• Research program
• Education or Extension capacity building grants program
• Independent projects
• Multi-state projects
What EFNEP Is

• A national nutrition education program for low-income families with young children and low-income youth
Direct Education

- Educators
  - Paraprofessionals (peer educators)

- Delivery Methods
  - Series of hands-on, interactive lessons
  - Learner-centered teaching
  - Community-based approach
Content - Four Core Areas

- Diet Quality and Physical Activity
- Food Resource Management
- Food Safety
- Food Security

Legislative language: To enable low-income individuals and families to engage in nutritionally sound food purchasing and preparation practices.
Program Oversight and Funding

- Since 1969
- Administered by the National Institute of Food and Agriculture (NIFA)
- Federal allocation $67.9 million in FY 2016
- Conducted by Cooperative Extension in all 1862 and 1890 Land-Grant Universities in all states, U.S. territories and the District of Columbia (76 institutions)
EFNEP Reach

• Available in all states, U.S. territories, and the District of Columbia – in approximately 800 of 3,144 counties

• Annually reaches roughly 120 thousand adults and 480 thousand youth directly, and more than 340 thousand family members indirectly

• 85% of EFNEP families are at or below 100% of poverty, earning $24,250 a year or less for a family of four

• 74% of EFNEP adults are minorities
Essential Elements

• Federal, State/Territory, & Local Partnership
  - Quality, integrity, consistency, visibility, and recognition are essential at every level
  - Institutions within states are expected to coordinate and cooperate with each other

• Evidence-Based

• Results Oriented
Web-based Nutrition Education Evaluation Reporting System: WebNEERS
FY2017 Budget – Explanatory Notes

• NIFA is undertaking an analysis to update the current EFNEP formula to better reach targeted populations
  – particularly minorities and Native American populations
  – changes in national demographics, poverty rates, and levels of obesity in these populations since the formula was developed in 1981

Racial Breakdown of Native Participants
(EFNEP Adult Data: 2007-2015, 9yr. Averages) (n=59,506)

- 34% American Indian or Alaska Native
- 66% Native Hawaiian or Other Pacific Islander
## 9 Year Trends

### Program Reach

<table>
<thead>
<tr>
<th>Years</th>
<th>Total # Adult Participants</th>
<th>Total # Native Participants</th>
<th>Average % Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-2015</td>
<td>1,196,139</td>
<td>59,506</td>
<td>5.0%</td>
</tr>
</tbody>
</table>

### Program Graduates

<table>
<thead>
<tr>
<th>Years</th>
<th>Total # Adult Graduates</th>
<th>Total # Native Graduates</th>
<th>Average % Native</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007-2015</td>
<td>771,973</td>
<td>41,998</td>
<td>5.4%</td>
</tr>
</tbody>
</table>
% Improvement in Behavior
Native Compared to All EFNEP Graduates
(EFNEP Adult Checklist Data: 2007-2015†, 8yr. Averages)

<table>
<thead>
<tr>
<th>Category</th>
<th>Native</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition</td>
<td>85%</td>
<td>84%</td>
</tr>
<tr>
<td>Food Resource Mgmt</td>
<td>85%</td>
<td>84%</td>
</tr>
<tr>
<td>Food Safety</td>
<td>62%</td>
<td>66%</td>
</tr>
</tbody>
</table>

†2012 data not shown
Improvement in Daily Food Consumption
(Native Compared to All Adults: 2007-2015†)

# of Additional Cups Consumed

<table>
<thead>
<tr>
<th></th>
<th>Native</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>0.6</td>
<td>0.5</td>
</tr>
<tr>
<td>Vegetable</td>
<td>0.4</td>
<td>0.3</td>
</tr>
<tr>
<td>Dairy</td>
<td>0.3</td>
<td>0.3</td>
</tr>
</tbody>
</table>

†2012 data not shown
% Improvement in Behavior
Native Compared to All EFNEP Graduates
(EFNEP Adult Recall Data: 2007-2015†, 8yr. Averages)

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% Improvement in Behavior
Native Compared to All EFNEP Graduates
(EFNEP Adult Recall Data: 2007-2015†, 8yr. Averages)

% Improvement

Physical Activity

Native
All

35% 32%
EFNEP Youth Impacts

- 85% increased ability to choose healthy food
- 48% increased ability to prepare low-cost, nutritious foods
- 47% improved food preparation and food safety practices
- 46% improved physical activity
EFNEP and Native Populations

• Are there sub-awards – any current ones with 1994s or in Indian country?

Yes – Example, South Dakota
Contact Information

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