



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

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

Falcon Conference

Albuquerque, New Mexico

Helen Chipman

National Program Leader, USDA-NIFA

7 November 2016



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

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



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

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.

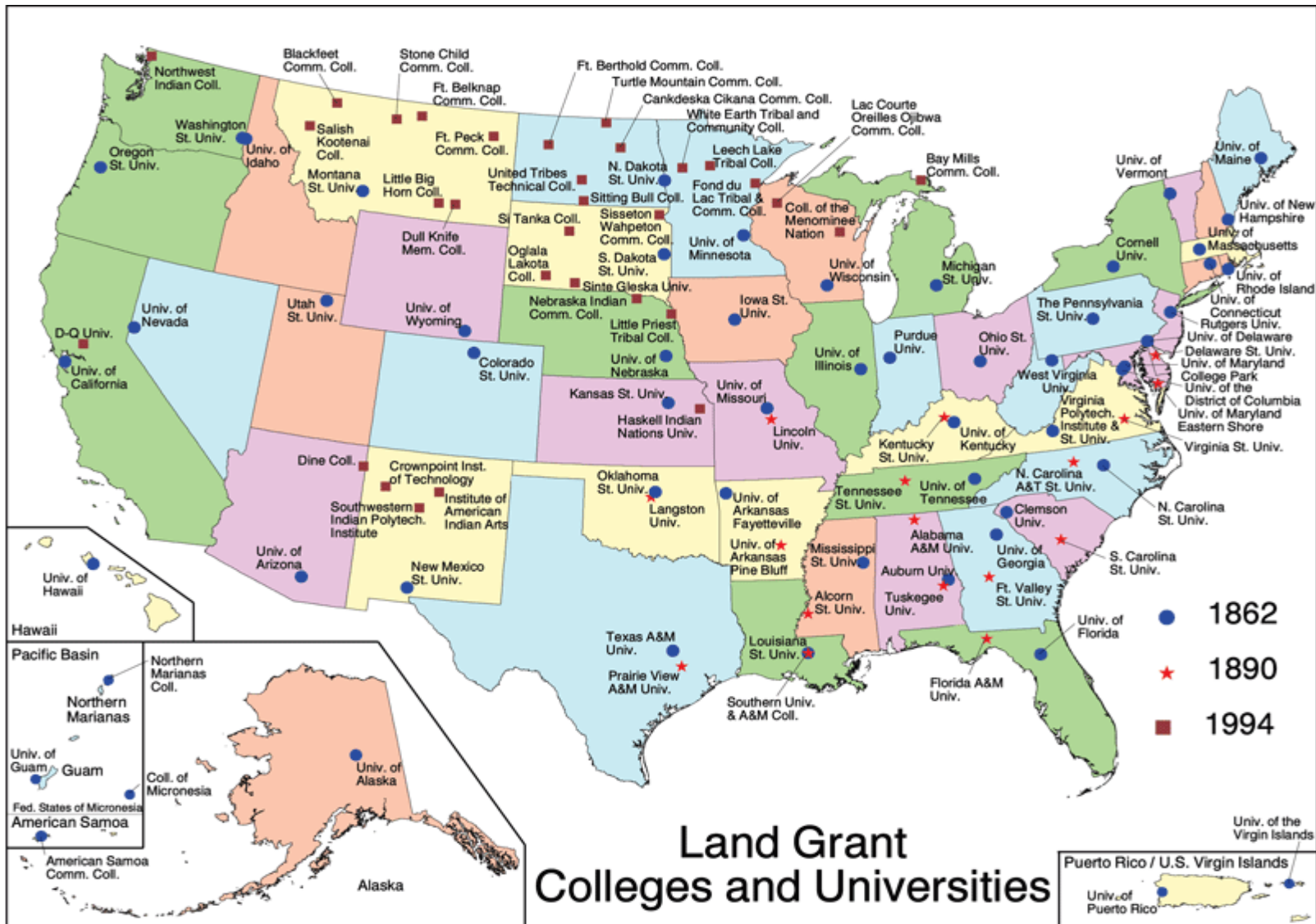


United States
Department of
Agriculture

National Institute
of Food
and Agriculture

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)



U.S. Department of Agriculture
 Natural Resources Conservation Service
 Resource Assessment Division
 Washington, D.C. February 2003

Map ID: m2783
 For Proper interpretation, see Explanation of
 Analysis for this map at our web site. Search
 for "USDASOTL" to locate our map index.

Source: U.S. Department of Agriculture
 Cooperative State Research, Education, and Extension Service
 Washington, D.C.





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

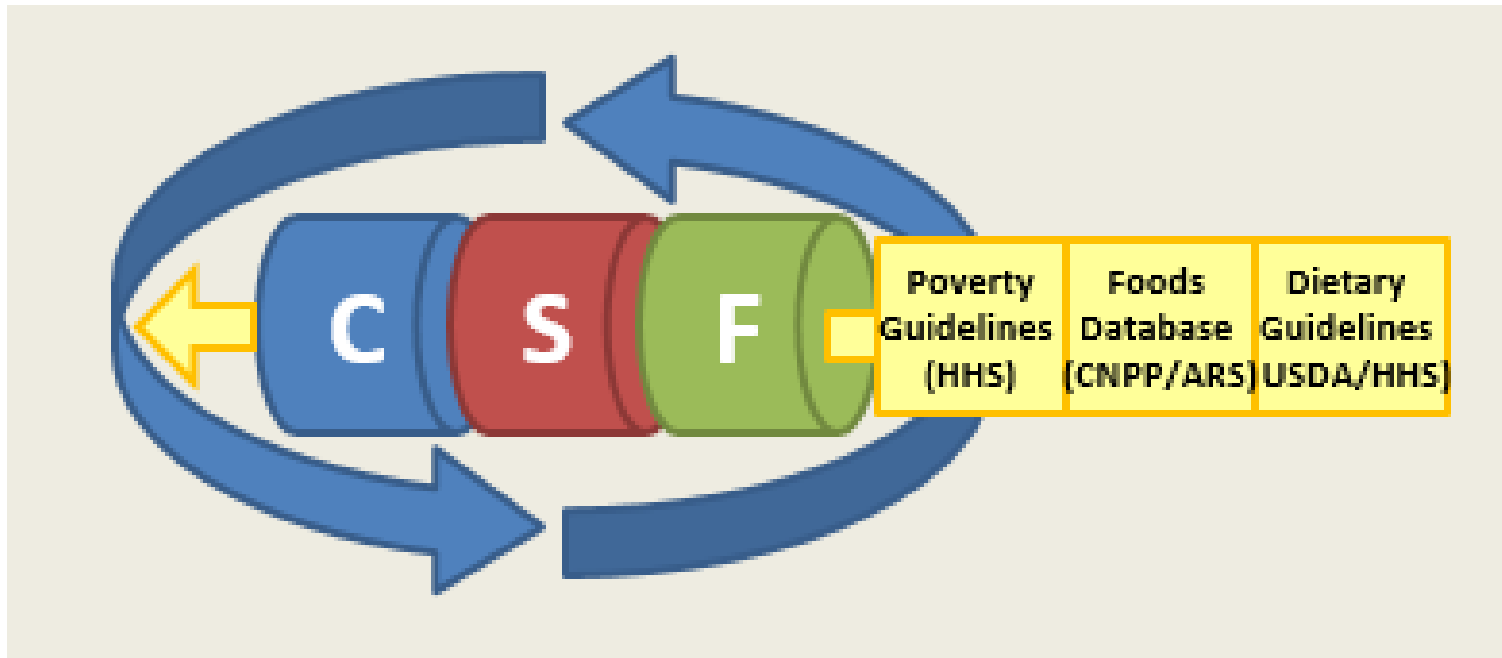
- Federal, State/Territory, & Local Partnership
 - Quality, integrity, consistency, visibility, and recognition are essential at every level
 - Institutions within states are expected to coordinate and cooperate with each other
- Evidence-Based
- Results Oriented



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

Web-based Nutrition Education Evaluation Reporting System: WebNEERS





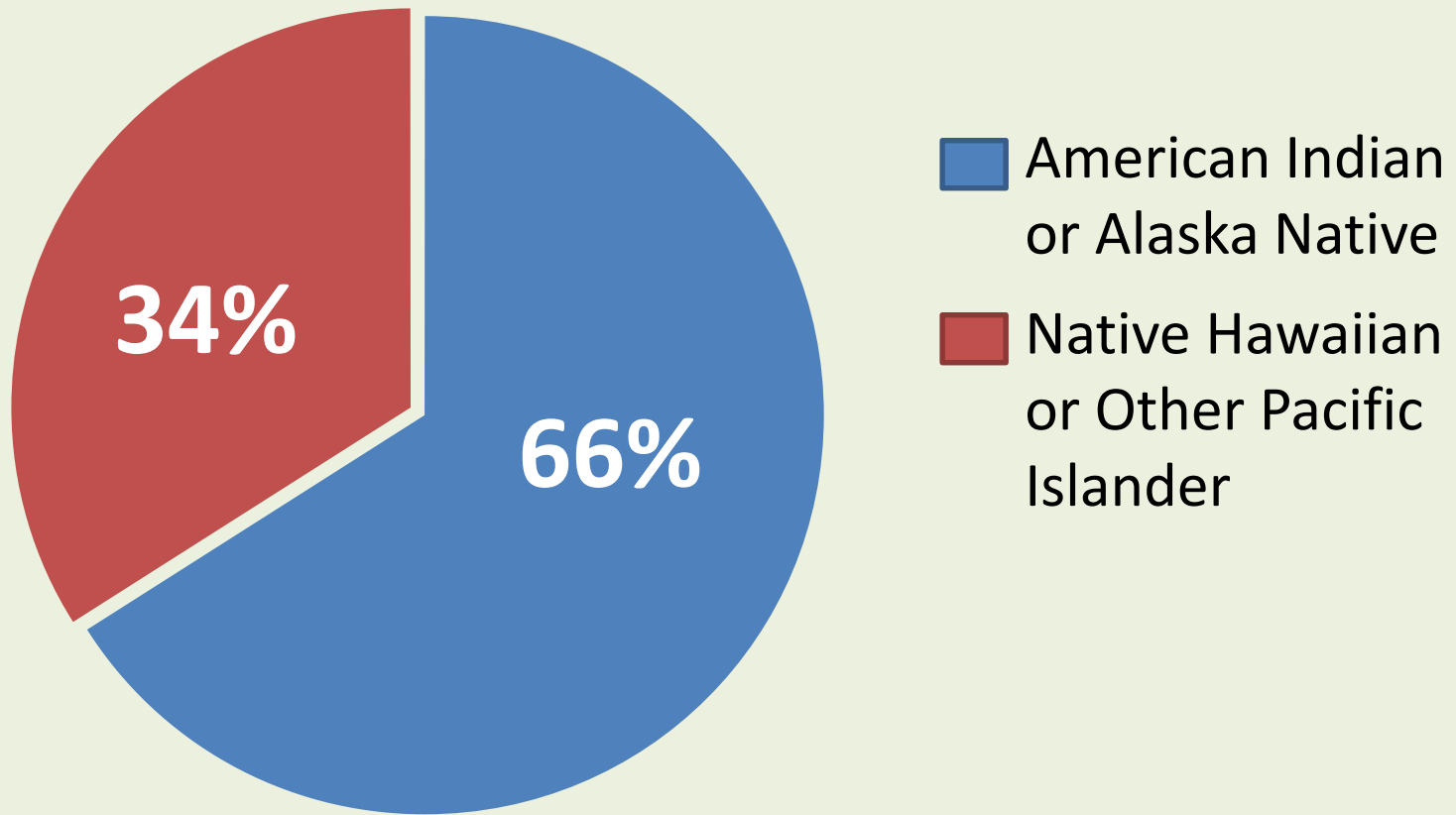
FY2017 Budget – Explanatory Notes

- 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

<http://www.obpa.usda.gov/19nifa2017notes.pdf>

Racial Breakdown of Native Participants

(EFNEP Adult Data: 2007-2015, 9yr. Averages) (n=59,506)



9 Year Trends

Program Reach

Years	Total # Adult Participants	Total # Native Participants	Average % Native
2007-2015	1,196,139	59,506	5.0%

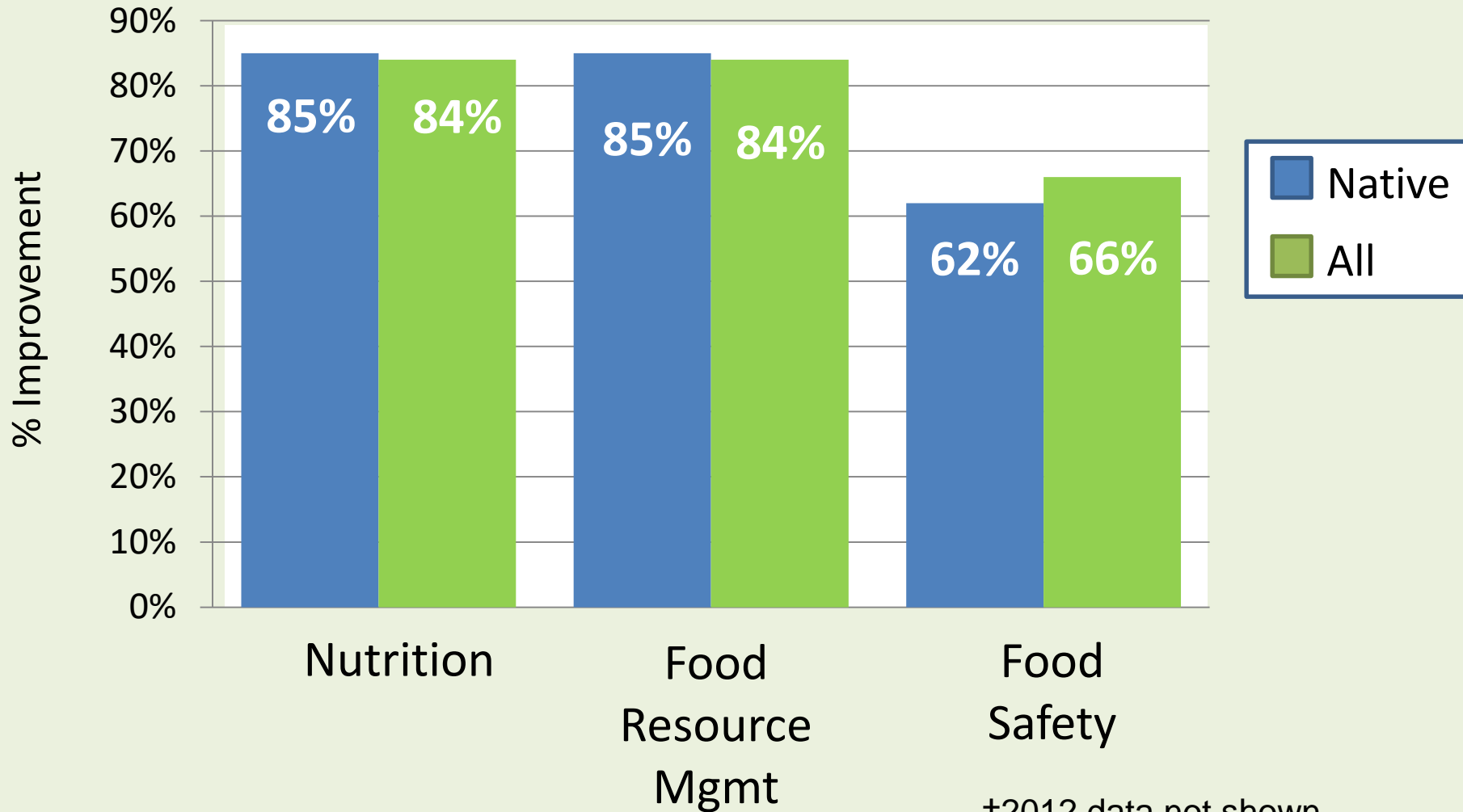
Program Graduates

Years	Total # Adult Graduates	Total # Native Graduates	Average % Native
2007-2015	771,973	41,998	5.4%

% Improvement in Behavior

Native Compared to All EFNEP Graduates

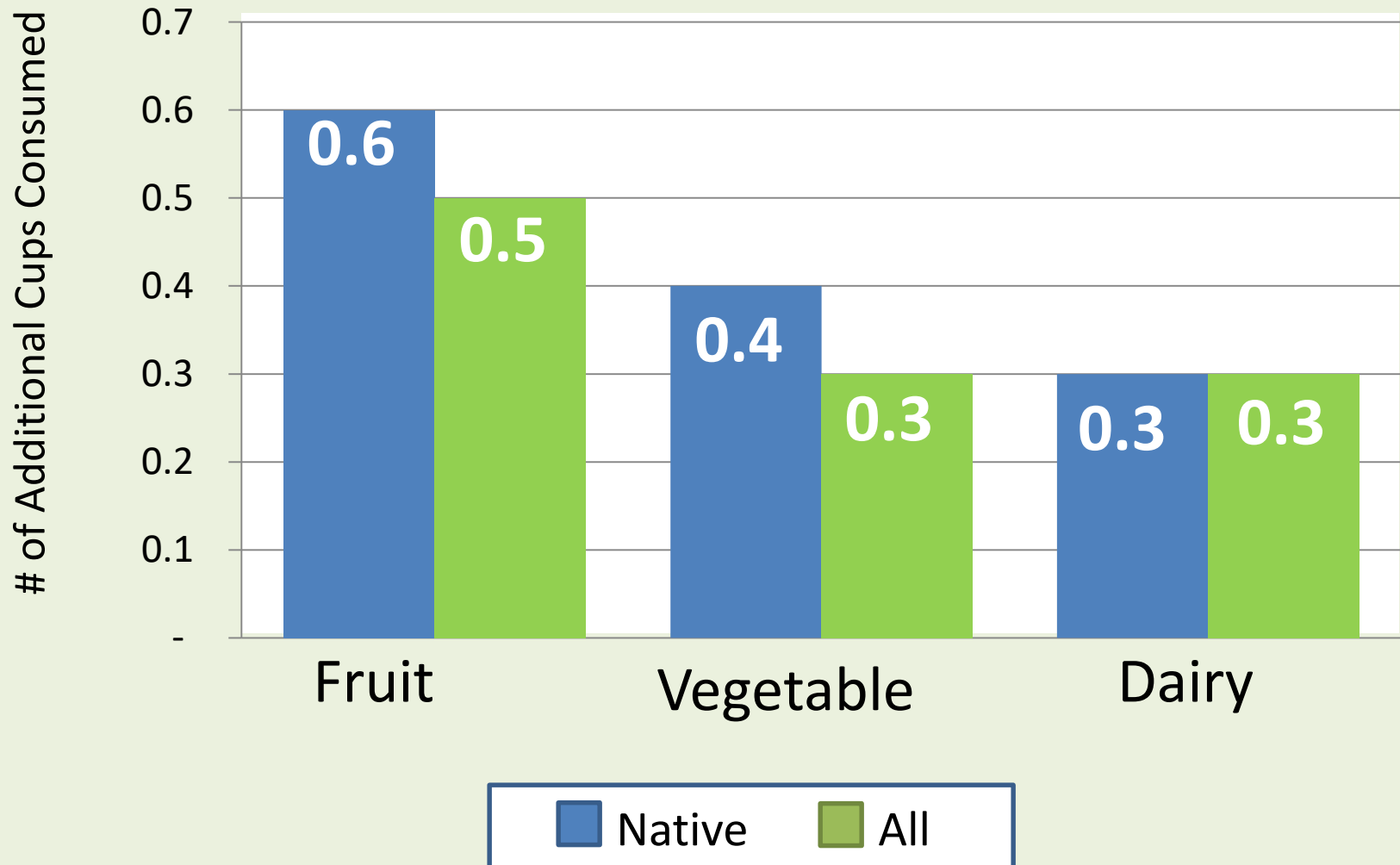
(EFNEP Adult Checklist Data: 2007-2015†, 8yr. Averages)



†2012 data not shown

Improvement in Daily Food Consumption

(Native Compared to All Adults: 2007-2015†)



†2012 data not shown

% Improvement in Behavior Native Compared to All EFNEP Graduates

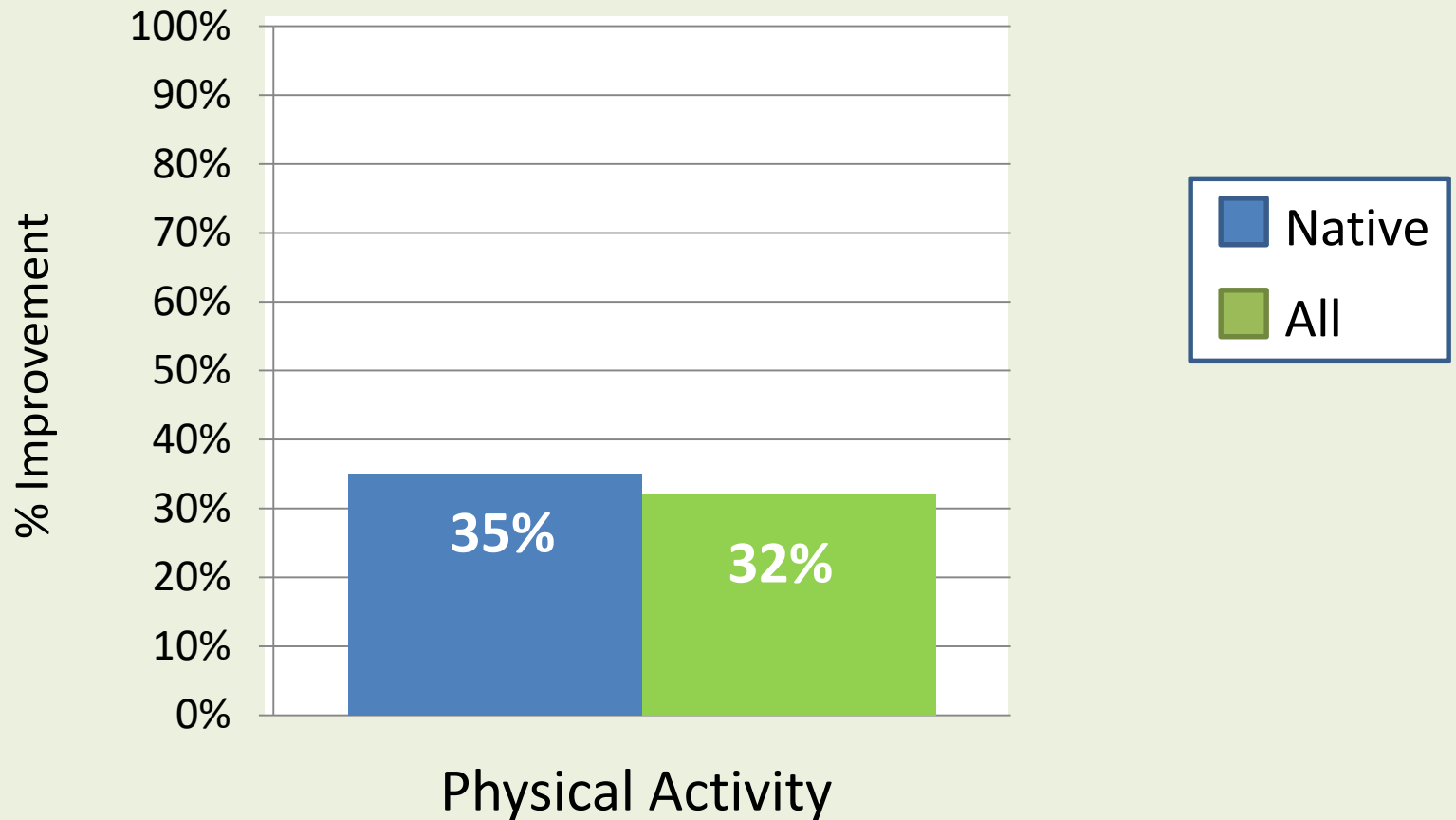
(EFNEP Adult Recall Data: 2007-2015†, 8yr. Averages)



†2012 data not shown

% Improvement in Behavior Native Compared to All EFNEP Graduates

(EFNEP Adult Recall Data: 2007-2015†, 8yr. Averages)





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





United States
Department of
Agriculture

National Institute
of Food
and Agriculture

EFNEP and Native Populations

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

Yes – Example, South Dakota



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

Contact Information

Helen Chipman, PhD, RD
National Program Leader, Food & Nutrition
Education

National Institute of Food and Agriculture,
(NIFA), USDA

Nutrition Division

Phone: 202-720-8067; Fax: 202-401-0776

Email: hchipman@nifa.usda.gov