

Utah State University Extension Expanded Food and Nutrition Education Program (EFNEP)



Effective Education on Dietary Choices *To Improve Health in Diverse Audiences*

MISSION AND GOAL

Help youth and low-income families to improve health and quality of life learning:

- Basic concepts of food and nutrition
- Buying skills
- Meal planning
- Food safety
- Food Resource management

OUTREACH LOCATIONS

Salt Lake, Weber and Davis Counties

PARTNERING AGENCIES

EFNEP complements services provided by other agencies. We network with Utah State University Extension, Women, Infant and Children (WIC), Food Stamp Nutrition Education Program (FSNEP), Head Starts, Young Mothers Program for teenage mothers, Utah Workforce Services, social services, food pantries, and youth programs, such as boys and girls club.

IMPACT

In FY 2004, 18,522 youth and 3,432 adults graduated from the EFNEP program, learning how to prepare healthy meals for their families, stretch their food budgets, and find ways to be more active. Participants also learned to set mini goals to steadily modify their behavior for achieving a balanced, healthy lifestyle.

EFNEP graduates in FY 2005 made measurable progress:

<u>Utah</u>	<u>National</u>	
93%	93%	Improved their dietary intake, including an increase of 1.2 servings/day of fruits and vegetables.
91%	89%	Increase nutrition practices such as reading nutrition labels and making healthful food choices, especially breakfast for children.
89%	84%	Increased food security and bettered their food resource management practices such as meal planning and shopping with a list.
62%	68%	Improved food safety practices such as storing and thawing food properly.

A SOLID RETURN ON INVESTMENT

Cost-benefit studies have shown that for every dollar invested in EFNEP, health care costs can be expected to decline by \$10. For Utah in FY 2004, as much as \$2.9 million was saved.

Money spent on food per capita/month dropped 19%

Health care cost saved... \$2,955,170