

2023 IMPACTS

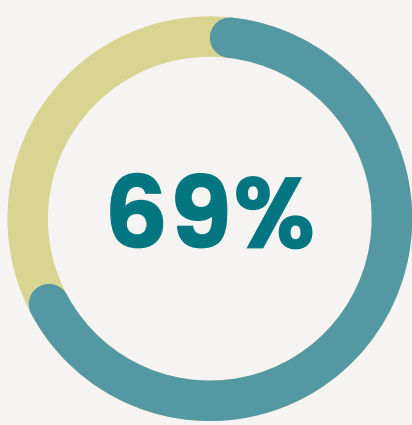
UTAH STATE UNIVERSITY THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

In 2023 EFNEP, Utah reached 498 adults and 2497 youth directly and 1180 family members indirectly.

EFNEP ADULTS

Defining the problem: Obesity, poor nutrition, and limited physical activity are significant health concerns. Poor health disproportionately affects minority and low-income populations. Educational opportunities and resources are limited.

Investing in the Solution; EFNEP brings together federal, state, and local resources to target two primary audiences: Low-income families with young children and low-income youth. The program operates in all counties across Utah.



REACHING LOW-INCOME FAMILIES

69% of FNEP participants who reported income are at or below 100% of poverty, earning \$30,000 a year for a family of four.

REACHING DIVERSE POPULATIONS

At least 39% of all EFNEP adults are minorities.



CHANGING ADULT BEHAVIORS

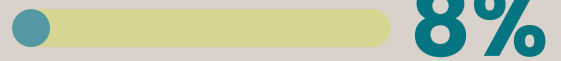
DIET QUALITY

96% - Percentage of adults improving diet, including consuming an extra cup of fruits and vegetables



FOOD SAVINGS

8% - Percentage of adults bettering food resource management practices



FOOD SAFETY

78% - Percentage of adults improving food safety practices



PHYSICAL ACTIVITY

77% - Percentage of adults with positive change in physical activity



EFNEP YOUTH

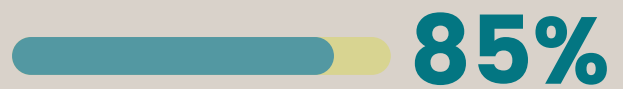
We collect demographic data on all youth groups who participate in EFNEP. Youth participating in EFNEP gain nutrition knowledge, learn about the importance of eating a variety of foods, taught how to select healthy food and how to prepare food safely. Collaborating with school teachers, school administrators, and parents is a way to maximize the reach and impacts of nutrition education programs in schools.

Total number of Youth participating in EFNEP 2314

INFLUENCING YOUTH

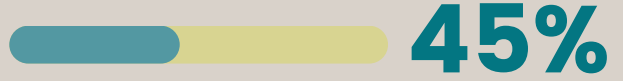
DIET QUALITY

85% - Children and youth improve their abilities to choose foods according to Federal Dietary Recommendations or gain knowledge



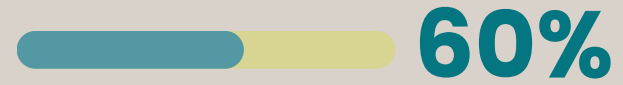
FOOD RESOURCE MANAGEMENT

45% - Percentage of children and youth improve their ability to prepare simple, nutritious, affordable food or gain knowledge



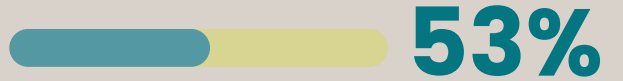
FOOD SAFETY

60% - Percentage of children and youth use safe food handling practices more often or gain knowledge



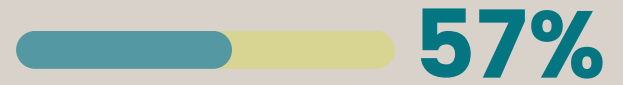
PHYSICAL ACTIVITY

53% - Percentage of children and youth improve their physical activity practices or gain knowledge



Food Security

57% - Percentage of children and youth improve their physical activity practices or gain knowledge



WHY IT WORKS

EFNEP educators follow a research-based learning model that allows them to effectively reach and educate program participants. Educators are:

- **Members of the communities** they support;
- **Trained/supervised** by university and county-based faculty;
- **Skilled** in using hands-on, interactive teaching methods;
- **Committed** to delivering sound instruction;
- **Able** to influence changes in behavior and impact the lives of those they teach; and,
- **Dedicated** to reaching diverse, low-income populations.



Extension
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