



**Cornell University**  
**Putting Research into Practice**

## Expanded Food and Nutrition Education Program

EFNEP has been delivered by Cornell Cooperative Extension (CCE) since 1969. During FFY2014, the program was delivered in 29 of the 62 counties in New York State with nutrition education provided by 157 highly qualified and trained paraprofessional staff.

A team based in the Division of Nutritional Sciences at Cornell, under the leadership of Jamie Dollahite, Professor, provides leadership, training, curriculum development/adaptation, technical assistance, program monitoring and evaluation. Connections with faculty and academic staff provide expertise in nutrition education, program delivery, and evaluation.

During FY 2014 evaluation data was collected on

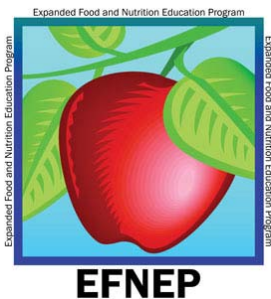
- ◆ **4,676** adult participants educated in a series of at least 6 nutrition education sessions.
- ◆ **4,671** youth participants received at least 6 nutrition education contact.

After completion,

- ◆ **95%** (8,879 of 9,347) reported improved behavior on at least one food and nutrition practice.
- ◆ **78%** (4,396 of 5,603) reported to decrease the frequency of consuming sugar sweetened beverages and now seldom drink soda
- ◆ **98%** reported being physically active or making positive changes in their lives to be active at least 30 minutes most days.

EFNEP has been shown to be cost-effective, saving about **\$10 in health costs for every EFNEP dollar invested**. Additionally, participants save about **\$5 in food costs for every EFNEP dollar invested**, while still making more healthful choices.

Studies of retention of behavior change indicate that these changes are maintained at least six-months post-education.



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