Demonstrating Results

Youth Participants
Youth participant engage in a series of sessions, delivered over time. The nutrition education is provided in group settings and engage youth through interactive learning experiences.

The sessions increase youths’ awareness of and behaviors related to healthy eating and active lifestyles. The sessions include food and physical activity experiences.

As a result of participating in the series:
+ 90% improved their ability to choose healthy foods.
+ 61% increased their frequency of being physically active.
+ 61% improved their food safety practices.

New York State

Counties highlighted in color have at least one EFNEP staff member within the county. Counties of like color represent the five regions of the state. Service crosses county borders, as needed.

Contact Us
To find out about programming in your community
Visit our website fnec.cornell.edu
Visit our Facebook page Facebook.com/AdoptingHealthyHabits
For more information about our statewide program Joan Paddock, MPH, RD Sr. Extension Associate, Interim Director jel36@cornell.edu

Cornell University; Garden Level Savage Hall; Ithaca, New York 14853 (607) 255-7715

Helping Families Eat Better for Less! 2019

The Expanded Food and Nutrition Education Program (EFNEP) is administered through the U.S. Department of Agriculture’s (USDA) National Institute of Food and Agriculture (NIFA) and is offered through land-grant universities. EFNEP has been delivered by Cornell Cooperative Extension (CCE) since 1969.

EFNEP helps low-income families and children improve their nutritional well-being, through a series of hands-on, interactive lessons where participants learn and are encouraged to improve their food and physical activity knowledge, skills and behaviors. ¹


The Challenge

The poverty rate in NYS is 16% with 22% of children under the age of 18 living in poverty. The percentage of adults, in NYS, who are overweight or obese was 61% in 2014.³ The percent of adults who are obese is 25.5%, and currently 31.8% of children age 10 – 17 are obese or overweight.⁴

Overweight and obesity are associated with serious chronic health problems, including diabetes, hypertension and heart disease. People living in poverty are more likely to suffer from a variety of chronic health problems, both psychological and physical. While only one component of the overweight and obesity issue, and one of a host of concerns for people in poverty, nutrition education can mitigate those associated with suboptimal food choice practices.

³ NYS DOH BFRSS, 2016 - http://www.cdc.gov/brfss/brfssprevalence/
⁴ Better Policies for a Healthy America 2016 - https://www.stateofobesity.org/states/ny/#print

Cooking together encourages children to try new foods!
During FFY2019, EFNEP was delivered in 23 of the 62 counties in New York State with nutrition education provided by 71 highly qualified and trained paraprofessional staff, reaching 12,621 adult and youth participants, impacting the lives of 33,901 New York low-income family members.

Grades complete at least 6 nutrition education sessions:

- 5,109 adults graduates - mean of 7.2 ± 1 sessions
- 5,190 youth graduates - mean of 6.2 ± 0.5 sessions

**Making Meals Together!**

**Economic Implications**

EFNEP has been shown to be cost-effective:

- Saving about $10 in health costs for every EFNEP dollar invested.

Participants save money while continuing to make more healthful choices:

- Saving about $5 in food costs for every EFNEP dollar invested.

Participants increase the servings of vegetables and fruit consumed:

- An increase of 439.4 tons of produce with a minimum economic value of $431,000.

**Demonstrating Results**

**Adult Participants**

Adult participants engage in a series of sessions, delivered over time to facilitate knowledge gain, skill development and behavior change. The sessions are delivered in an interactive manner, with hands-on activities which appeal to the different learning styles of adult participants.

The series contains sessions on:

- planning healthy meals,
- stretching the families food resources,
- using safe food handling and storage practices, and
- preparing tasty recipes.

Each session contains a 5-10 minute structured physical activity break. The breaks are intended to demonstrate the ease with which activity can be integrated into participants’ lives, as well as provide practical examples of things that can be done outside of the classroom.

As a result of participating in the series:

- 77% improved their food resource management skills.
- 91% improved their diet quality practices.
- 77% improved their food safety practices.
- 78% increased their frequency of being physically active.

Studies of retention of behavior change indicate that these changes are maintained four years post-education.5

5 http://www.ncsu.edu/ffci/publications/2012/v17-n2-2012-summer-fall/index-v17-n2-december-2012.php

"I always hear about menu planning, but didn’t know how, until this class. This is so simple! I make a grocery list and my boys can help!"

- Participant North County

**Race & Ethnicity**

- American Indian/Alaska Native, 3%
- Asian, 12%
- Black, 23%
- Native Hawaiian/Pacific Islander, 1%
- White, 43%
- Multiple, 5%

**Adult Age Range and Gender**

- 89% Female; 11% Male
- 60 + Years: 1%
- 50-59 Years: 23%
- 40-49 Years: 38%
- 30-39 Years: 10%
- 21-29 Years: 9%
- 18-20 Years: 6%

**Children of Enrolled Adults**

- Number of Children by Age Range
  - Under 1: 472
  - 1-5: 4719
  - 6-8: 2835
  - 9-12: 2965
  - 13-15: 2394
  - 16-19: 1301

**Reaching low-income**

- 79% of participants reached live below the federal poverty line.