



EFNEP 2006 At a Glance

About Expanded Food and Nutrition Education Program

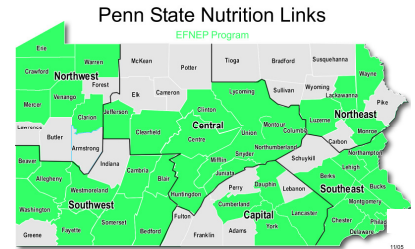
EFNEP Staff helps low-income families and youth from rural and urban communities to acquire the knowledge, skills, attitudes and behaviors necessary to have nutritionally sound diets and to contribute to their personal development.

We teach food preparation skills, food buying, food safety, meal planning and nutrition.

Topics include:

- Using food stamps and other resources effectively
- Stretching food dollars

- Food safety
- Selecting, planning and preparing good-tasting healthful meals
- Feeding babies and children
- Reading food labels



Adult Audience and Delivery

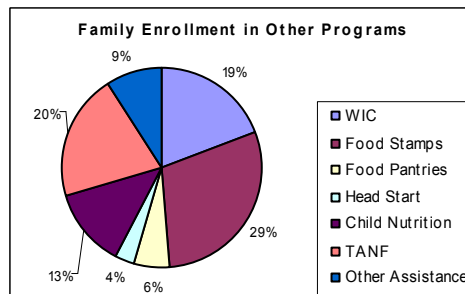
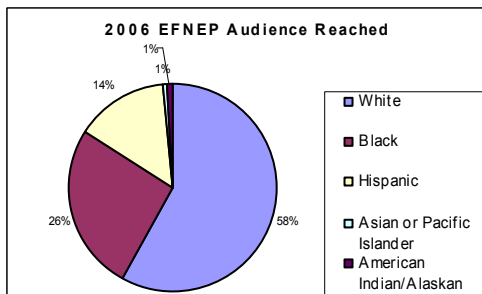
- 5,495 Adults Reached
- 5,197 Youth Reached
- 17,782 Family Members
- 47 Counties served
- 62 Paraprofessionals
- 14 Extension Educators
- 1,269 Volunteers

In 2006, a total of 5,495 low-income homemakers, including 948 pregnant or breast-feeding teens, and 5,197 low-income youth participated in Pennsylvania's EFNEP. An additional 17,782 family members were indirectly reached through the adult participants. Seventy-eight percent (78%) of EFNEP families were enrolled in one or more food assistance programs.

EFNEP is delivered as a series of lessons by paraprofessionals called Nutrition Education Advisers, many whom are indigenous to the target population. A total of 62 paraprofessionals, along with 1,269 volunteers delivered an average of 7.2 lessons to adult participants.

The majority of the adult programming (94%) was delivered in a group environment, two

percent (2%) received individual instruction and four percent (4%) had a combination of the two methods. Seventy-nine percent (79%) of adult participants completed the program, and 11% are continuing the program in 2007.



Youth Work

In 2006, the Nutrition Links EFNEP program reached 5,197 youth. Paraprofessionals and volunteers met with 208 youth groups for 1,296 hours of EFNEP instruction at 755 different group meetings.

Youth programs focused on nutrition,

food selection, the importance of physical activity and other health-related issues. EFNEP provides youth education as an enrichment of the school curriculum, in after-school care programs and through 4-H EFNEP clubs, day camps, community centers

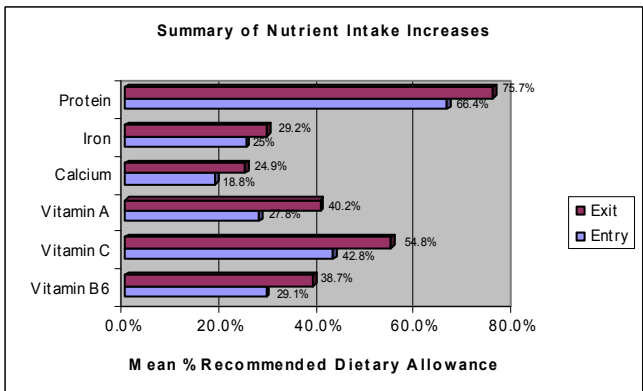
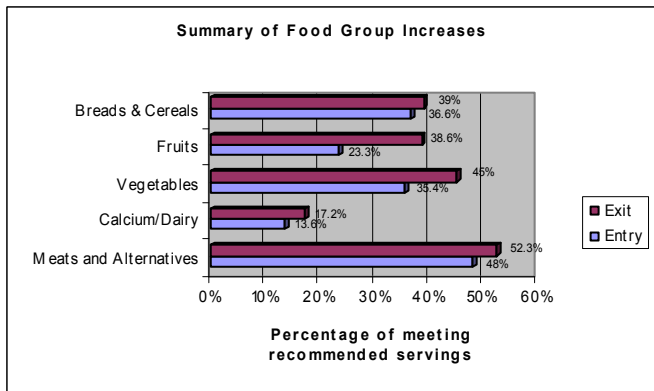
and neighborhood groups. Data indicate youth made positive changes in food practices and dietary improvements. Results based on data from 1,960 youth from 86 groups show that:

- 70%** of 1,653 youth from 70 groups now eat a greater variety of foods
- 83%** of 1,960 youth from 86 groups increased knowledge of the essentials of human nutrition
- 77%** of 1,339 youth from 54 groups increased their ability to select low-cost, nutritious foods
- 75%** of 1,400 youth from 63 groups improved practices in food preparation and safety

Dietary Intake Impact

Data from the EFNEP Federal Reporting System (ERS4) are used to measure food practices and dietary improvements made by EFNEP participants. Evaluation data shows that 92% of the adult participants made a positive improvement in at least one food group. There was a 15.3% increase in the consumption of fruits and 10.5% increase in vegetable consumption compared to their intake levels when they started EFNEP. The dietary intake of six key nutrients that are often limited in the diets of low-income audiences— protein, iron, calcium, Vitamin A, Vitamin C, and Vitamin B6—are also measured. As the figure below illustrates, intake levels for each nutrient increased as a result of EFNEP participation.

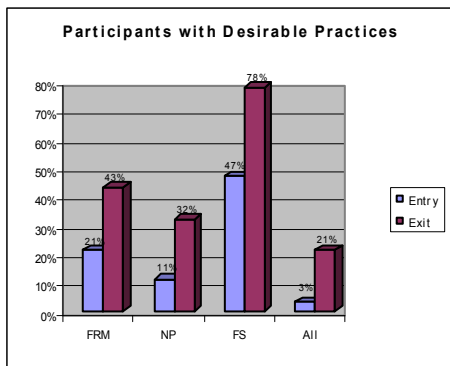
92.5% of adult participants made a positive dietary improvement in at least one food group.



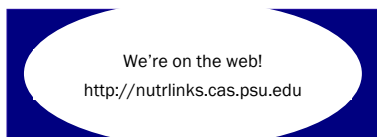
Behavioral Impact

Results based on data from 2,771 graduates show that:

- 70%** Improved in one of more food resource management practices (i.e. plans meals, compares prices, does not run out of food or uses grocery lists)
- 83%** Improved in one of more nutrition practices (i.e. plans meals, makes healthy food choices, prepares foods without adding salt, reads nutrition labels, or had children eat breakfast)
- 77%** Improved in one of more food safety practices (i.e. thawing and storing foods properly)



FRM= Food Resource Management
 NP = Nutrition Practices
 FS = Food Safety



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