

Key Metrics



WASHINGTON STATE UNIVERSITY
EXTENSION

Success 2025

▲ **Over 50%**

**OF WASHINGTON
HOUSEHOLDS SURVEYED
FACE FOOD INSECURITY**

With particularly high rates among those with household incomes <\$15,000 annually.¹

▲ **44%**

**OF POSTSECONDARY
STUDENTS REPORT FOOD
INSECURITY**

Insecurity was even more pronounced among American Indian/Alaska Native (82%) and Pacific Islander/Native Hawaiian (64%) students.²



▲ **NUTRITION
INSECURITY
FUELS CHRONIC
DISEASE RISK**

Poor nutrition, food insecurity, and limited physical activity are well-established risk factors of heart disease and diabetes across Washington communities.¹



▲ **PROGRAM REACH
2,424 LIVES ACROSS
WASHINGTON**

In 2025, 435 adults and 1,989 youth enrolled across three counties indirectly reached 2,424 household members through shared learning.

▲ **SUPPORTING THOSE
MOST IN NEED**

91% of adult participants were receiving public assistance at the time of entry into the program.

BEHAVIORAL IMPACTS

**97% of Adults & 93%
of Youth Improved
Diet Quality**

Participants reported eating more fruits and vegetables while consuming fewer sugary drinks like regular soda.



REDUCING FOOD INSECURITY

93% of adults and 59% of youth improved food resource management

Participants improved their budgeting skills and meal planning, which reduces food waste, improves nutrition without raising costs, and therefore reduces food insecurity.



IMPROVING LIVES

75% of adults & 70% of youth increased their physical activity level

Physical activity can help brain health, reduce health risks, strengthen your bones and muscles, and increase your chances of living longer.⁴

DECREASING HEALTH RISK

Healthy Eating Index (HEI) Increased from 46.7 to 49.3

This measures an increase in overall diet quality, signaling a reduction in long-term chronic disease risk.⁵



WASHINGTON’S FUTURE

Strengthening the Economy

EFNEP improves health by **increasing produce consumption** (diet recall), **strengthens workforce readiness** through better health and financial stability, and enhances **food systems resilience** in rural communities.

For every \$1 invested in WA EFNEP ~\$9.23 in benefits were generated³

Using biomarkers of chronic disease risk, these savings equate to approximately **\$1.36 million in long-term health and economic savings in 2025 alone from EFNEP in Washington State.**

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