



WASHINGTON STATE UNIVERSITY — 2023

EFNEP | Expanded Food and Nutrition Education Program

*EFNEP improves the diets and food-related behaviors of low-income families through peer nutrition education. In 2023, Washington EFNEP reached **400** adults and **2,272** youth, affecting over **3,834** family members indirectly.*

THE EFNEP NEED

EFNEP invests in the health and success of low-income families. Ninety-four percent of EFNEP participants who reported income are at or below **185% of the poverty level**, earning \$49,025 a year or less for a family of four. EFNEP evaluation is nationally implemented and designed to ensure accurate measurement of diet quality, activity change, food safety and monthly savings.

THE EFNEP SOLUTION

EFNEP partners with community agencies to deliver curriculum through practical direct education lessons. Our classes are:

- Offered through **established community partnerships**, such as Head Starts, schools, income-based housing complexes, and community centers.
- Taught by peer **educators** who belong to the communities they serve.
- Available **in-person** and **online** to families and youth with limited incomes.
- Integrated in the research and teaching of the **Land-grant University System**.

Improving Behaviors

IN ADULTS

97%
Improved diet quality



92%
Improved diet quality

IN YOUTH

IN ADULTS

95%
Improved food resource management



46%
Improved their ability to prepare nutritious food

IN YOUTH

IN ADULTS

79%
Improved physical activity behaviors



67%
Improved physical activity behaviors

IN YOUTH

IN ADULTS

83%
Improved food safety practices



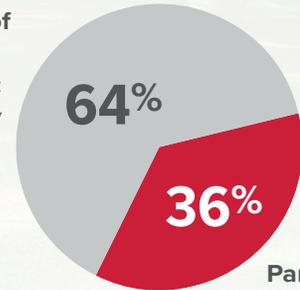
50%
Improved food safety practices

IN YOUTH



REACHING DIVERSE AUDIENCES

People of Color or Hispanic Ethnicity

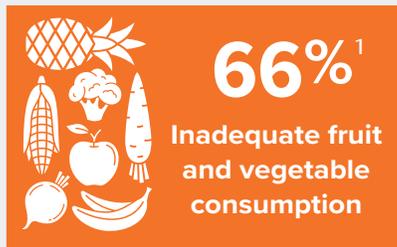


Other Participants

The majority of EFNEP adults are from historically underserved populations. An increasing trend is programming to refugee and immigrant populations.

Defining the Problem

Food insecurity, poor nutrition, and limited physical activity are significant risk factors for obesity and other chronic diseases. Poor health unequally affects minority and low-income populations. Educational opportunities and health resources are limited.



¹2018 WA BRFSS data. ²WAFOD Survey Brief #1: Economic Security and Food Access in Washington State During the COVID-19 Pandemic.

PARTICIPANT SUCCESS STORIES

A class of English as a Second Language students participated in EFNEP as part of their GED program. At the beginning of the class series they were hesitant to participate in the physical activity portion of class. By week three they were excited to join their EFNEP educator in walking a mile indoors with a 15-minute video and brought the video home to exercise with their families.

A 4th grade student participated in a “Rethink Your Drink” lesson where they learned about the amount of sugar in sodas, juices, and energy drinks. They took home the information they learned in class along with recipes for fruit spritzers and shared that their family made the switch from sugary sodas to healthier fruit spritzers.



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EXTENSION



For more information: www.nifa.gov/efnep
Kylie Pybus, State EFNEP Leader
kylie.pybus@wsu.edu • 509-477-2190

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