2017 IMPACTS: CALIFORNIA EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

EFNEP HISTORY & FUNDING

The Expanded Food and Nutrition Education Program began as an Alabama pilot project in response to USDA poverty and hunger concerns. Under the Smith-Lever Act Congress authorized $30 million in funding in 1969, EFNEP’s inaugural year. Originally EFNEP was delivered by 1862 land-grant universities. This was expanded to include 1890 land-grant universities in 2006 and today University of California, Davis is one of the 76 institutions delivering this $67.9 million program, receiving the 2nd highest funding at $3.6 million.

CALIFORNIA RETENTION

82% Adult participants completed the program with at least 6 lessons exceeding the National average of 63%

93% Youth participants completed the program with at least 6 lessons exceeding the National average of 78%

CALIFORNIA SAVINGS

$1 spent on CA EFNEP saves $8.34 in health care costs.

EFNEP graduates reported an average $38.20 monthly food cost savings, which collectively saved California EFNEP families:

$2,916,340.80

CALIFORNIA REACH

6.6%1 of National EFNEP Families (n=6,362)

9.9% of National EFNEP Youth enrolled primarily from schools with 50% or greater free and reduced lunch (n=23,673)

51,640 family members

65,000 hours of nutrition education delivered in Spanish, Chinese, Vietnamese, Hmong, or English

95% of CA participants who reported income are at or below 185% of the Federal Poverty Level3

95% of families at or below 185% poverty

1National EFNEP percents and averages based on available FY16 data, source https://nifa.usda.gov/resource/efnep-2016-national-reports


3Poverty level for a family of 4: $24,600 and 185FPL is $44,955, source: https://aspe.hhs.gov/poverty-guidelines
“I took the shopping list and ... then proceeded to go through the store comparing prices until I was able to create an ideal shopping list. I have saved a bundle of money and plan on sharing the list with friends and family.”

- Alameda County EFNEP Graduate

“I don’t eat out as much, the kids don’t drink as much sugar[ed] drinks as well and they don’t watch as much TV.”

—Sacramento County Adult EFNEP Graduate

“...The students are telling their parents that they need to eat more fruits and vegetables. At conferences, a few parents told me that now their kids are wanting to eat healthier and they are teaching their families about the food groups.”

- Contra Costa County EFNEP teacher

### ChanginG AdulT Behaviors

- **91%** of participants with improved nutrition practices, exceeding the National average of 89%
- **96%** of participants with positive changes food choices including consumption of fruits, vegetables, grains, lean protein foods, or dairy, exceeding the National average of 94%
- **85%** of participants with improved food resource management practices, exceeding the National average of 84%

### Influencing Youth

- **80%** of participants with improved ability to choose food to improve diet quality
- **44%** of participants with improved physical activity practices or knowledge, exceeding the National average of 40%
- **50%** of participants with improved food safety practices or knowledge, exceeding the National average of 49%

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