

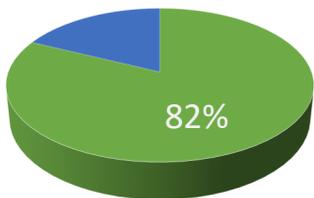


# 2017 IMPACTS: CALIFORNIA EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

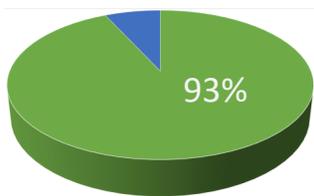
## EFNEP HISTORY & FUNDING

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%

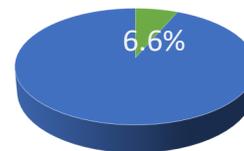
## CALIFORNIA SAVINGS

**\$1** spent on **CA EFNEP** saves **\$8.34** in health care costs<sup>2</sup>

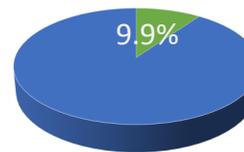
EFNEP graduates reported an average **\$38.20** monthly **food cost** savings, which collectively saved California EFNEP families:

**\$2,916,340.80**

## CALIFORNIA REACH



**6.6%**<sup>1</sup> of National EFNEP Families (n=6,362)

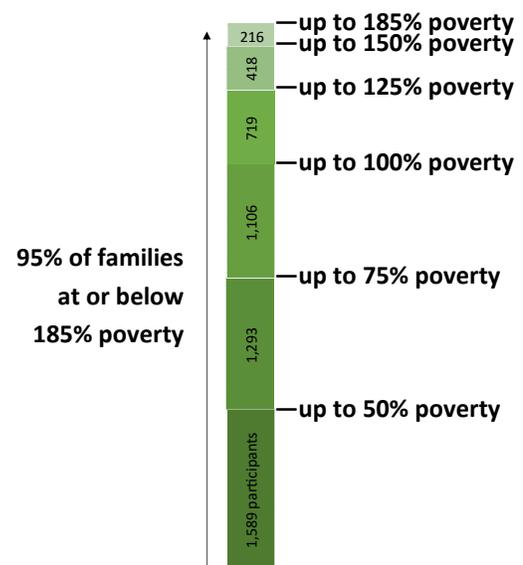


**9.9%** of National EFNEP Youth enrolled primarily from schools with 50% or greater free and reduced lunch (n=23,673)

**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 Level<sup>3</sup>



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

<sup>2</sup>Joy A, Pradhan V, Goldman G. 2006. Cost-benefit analysis conducted for nutrition education in California. Calif Agr 60(4):185-191. <https://doi.org/10.3733/ca.v060n04p185>

<sup>3</sup>Poverty 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."

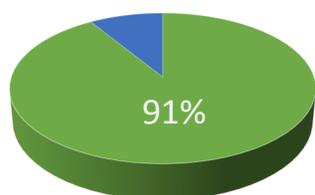
- Alameda County EFNEP Graduate

"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

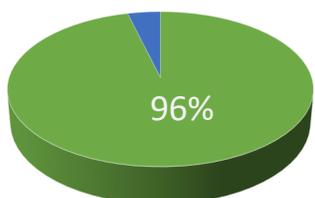
"I don't eat out as much, the kids don't drink as much sugar[ed] drinks as well and they don't watch as much TV. "

—Sacramento County Adult EFNEP Graduate

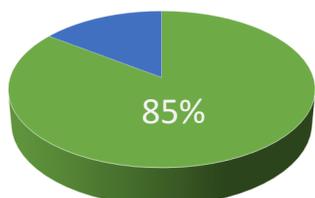
## CHANGING ADULT BEHAVIOR



**91%** of participants with improved nutrition practices, exceeding the National average of 89%

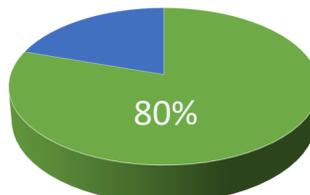


**96%** of participants with positive changes in food choices including consumption of fruits, vegetables, grains, lean protein foods, or dairy, exceeding the National average of 94%

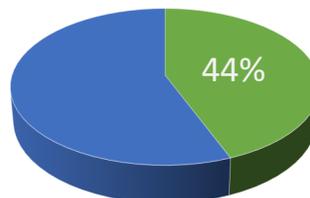


**85%** of participants with improved food resource management practices, exceeding the National average of 84%

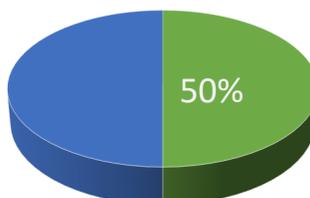
## INFLUENCING YOUTH



**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%