



## Santa Clara EFNEP: Improving health and nutritional well-being



Fifty-five percent of Santa Clara County adults are overweight or obese. Two billion dollars are lost in healthcare annually due to overweight, obesity, and physical inactivity.

- EFNEP reduces this economic burden by promoting healthy eating and physical activity to those populations most disproportionately affected.
- EFNEP classes focus on skills to plan tasty, cost-effective, and nutritious meals.
- EFNEP encourages parents and caregivers to be role models for their children.



### EFNEP supports those with the greatest need

#### EFNEP Participant Profile:

- 37% of adult participants had less than a high school education.
- 97% of families had income levels at or below 50% of the poverty level.
- 61% of participants participated in one or more food assistance programs.
- 76% identified themselves as Hispanic or Latino.

### EFNEP makes a difference

#### In FY 2009-10, Santa Clara County EFNEP:

- Delivered nutrition education to **474 families**.
- Taught an average of **8 lessons** to each adult participant.
- Reached more than **2,140 family members** indirectly.
- Provided nutrition education to **3,007 youth**.

#### Of the 402 adult program graduates:

- 91% improved at least one **nutrition practice**.
- 85% improved at least one **food resource management practice**.
- 61% showed improvement in one or more **food safety practices**.

*"I learned to eat more fruits and vegetables. I now cook my meals better using less fat and less salt. I also learned about the bacteria that can grow in meat if we leave them at room temperature.*

*I learned activities to keep myself healthy, now I exercise more and drink more water. I teach my kids to drink more water and give them foods for a better health.*

(EFNEP Participant from Village Avante, Morgan Hill)

## EFNEP participants stretch their food dollar farther.

EFNEP participants saved an average of \$2/person/month on groceries while still improving the amount of healthy foods they consumed.

## EFNEP saves money on health care costs.

For every dollar spent on EFNEP, \$3 - \$17 dollars is saved in healthcare costs attributable to good nutrition and physical activity practices.

## EFNEP reduces the risk of chronic disease.

*Daily exercise decreases the risk of overweight and obesity, cancer, and type 2 diabetes.*

- 51% of EFNEP participants increased their physical activity practices.



*Reading nutrition labels is associated with eating a diet lower in fat. Individuals who eat diets low in fat have a reduced risk of developing chronic disease.*

- 65% of EFNEP participants more often used the nutrition information on food labels to make food choices

*Heart disease is the number one cause of death in the United States. Diets low in sodium improve cardiovascular health and reduce the risk of death from heart disease and stroke.*

- 40% of EFNEP participants stopped adding salt to their foods.



*"I learned to read the nutrition labels to choose healthy foods. I will use the EFNEP recipes to prepare the vegetables that we planted"*

(EFNEP participant, La Mesa Verde Project)

*Fruit and vegetables contain vitamins, minerals, and fiber that help prevent type 2 diabetes, cardiovascular disease and cancer.*

- 46% of EFNEP participants increased the variety of fruits and 48% increased the variety of vegetables they eat.



*"I changed my bad diet for a very good and nutritious one. I exercise more. I always carry my shopping list before going to the grocery store and I plan my meals so I can save money and eat healthier. Thank you very much for everything."*

(EFNEP participant, Estrella Family Services)



### References:

*The Economic Costs of Overweight, Obesity and Physical Inactivity Among California Adults- 2006.* California Center of Public Health Advocacy. July 2009.

Santa Clara County Health Profile Report 2010, SCC Public Health Dept.

2010 County Nutrition and Food Insecurity Profiles. California Food Policy Advocates. [www.cfpa.net](http://www.cfpa.net)