

EFNEP

NEBRASKA IMPACT REPORT

The Expanded Food and Nutrition Education Program (EFNEP) improves the diets, physical activity, and other food-related behaviors of families with limited financial resources through peer nutrition education.

In 2022, **436** adults graduated from the EFNEP program in three Nebraska regions, indirectly affecting an additional **1,472** family members.

DIET QUALITY



95%

HEALTHIER
CHOICES

Making healthy food and drink choices reduces the risk of chronic diseases such as cardiovascular disease, obesity, and diabetes. In EFNEP classes, participants learn to improve their diets by preparing nutritious recipes and reading food labels.

After completing an EFNEP class series, 99% reported making healthier choices including eating more fruits and vegetables and drinking fewer sugary drinks. These dietary changes improve health outcomes by lowering the risk of chronic diseases.



FOR MORE INFORMATION

www.nifa.gov/efnep

CONTACT US

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Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

PHYSICAL ACTIVITY



73%

INCREASED ACTIVITY

Being physically active promotes physical and mental health and reduces the risk of chronic disease. *The Physical Activity Guidelines for Americans* includes 150 minutes of moderate activity per week. However, less than half of adults meet these guidelines.

EFNEP participants are encouraged to increase physical activity by making small changes in their

everyday lifestyle, such as including short walks or stretch breaks in their daily routine.

After completing the program, 88% reported being more active, such as exercising for at least 30 minutes on more days a week and making other changes to be active more often. These improvements help contribute to a healthier lifestyle for EFNEP participants.

FOOD SAFETY

Safe food practices are critical for preventing foodborne illnesses which affect more than 9 million people living in the U.S. per year. EFNEP teaches recommended food safety practices such as proper handwashing, how to cook food to correct temperatures, and safe food storage.

After completing the program, 81% made positive changes in one or more food safety behaviors, which can help decrease foodborne illnesses such as *E. coli*, salmonella, and listeria.



81%

IMPROVED SAFETY

FOOD RESOURCE MANAGEMENT



88%

STRETCHED FOOD DOLLARS

EFNEP participants learn to plan meals, make a shopping list, make a food budget, compare food prices, and utilize food resources in their community. These skills make up food resource management behaviors that increase household food security.

After completing the program, 98% reported making positive behavior changes in food resource management. They also saved **\$40** on their food costs each month. Improvements in these behaviors help participants to thrive and lead healthier lives on a budget.