

EFNEP

NEBRASKA STATE 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 2023, **180** adults participated in the EFNEP program in Nebraska, indirectly affecting an additional **769** family members. **2,119** youth were directly engaged in EFNEP classes.

DIET QUALITY



94%

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% of adults and 89% of youth 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

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Author: Gratopp, Emily. 2023. Development and Evaluation of Impact Statements for the EFNEP.

PHYSICAL ACTIVITY

77%

INCREASED ACTIVITY



Being physically active promotes physical and mental health and reduces the risk of chronic disease. *The Physical Activity Guidelines for Americans* recommends 150 minutes of moderate activity per week for adults and 60 minutes per day for youth. 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. Youth are encouraged to be active everyday during play,

sports, school, at parks or finding ways to be more active in little ways such as walking instead of getting a ride or choosing activity-based technology games.

After completing the program, 88% of adults and 66% of youth reported being more active, such as exercising for at least 30 minutes on more days a week, engaging in muscle-strengthening exercises twice per week and making small changes to be more 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 48 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, 85% of adults and 55% of youth made positive changes in one or more food safety behaviors, which can help decrease foodborne illnesses such as *E. coli*, salmonella, and listeria.



85%

IMPROVED SAFETY

FOOD RESOURCE MANAGEMENT



97%

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, 97% of adults and 45% of youth reported making positive behavior changes in food resource management. Youth participants gained skills in preparing simple, nutritious, and affordable food. Food insecurity is associated with inadequate nutrient intake, poor mental and physical health and increased risk of chronic disease. Improvements in food resource management behaviors help participants to thrive and lead healthier lives on a budget.