

# 2018 IMPACTS: CALIFORNIA EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



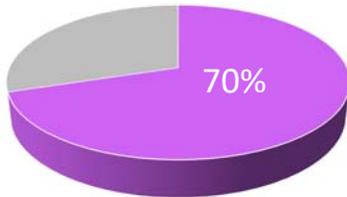
## HISTORY & FUNDING

The Expanded Food and Nutrition Education Program began **50 years** ago 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 is one of the 76 institutions delivering this \$67.9 million program, receiving the **2nd** highest funding at **\$3.6** million.



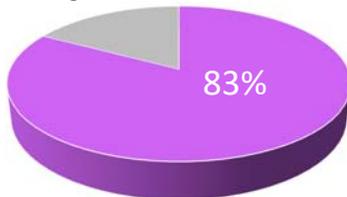
## CALIFORNIA ENROLLMENT

**51,302** adult and youth family members from **5,449** households with **70%** of those reporting race identifying as Hispanic or Latino



**58,560** hours of Adult and Youth nutrition education delivered in **Spanish, Chinese, Vietnamese, Hmong, Russian or English**

**83%** Adult and Youth participants completed the program with at least **6** lessons exceeding National averages of 68% and 79%



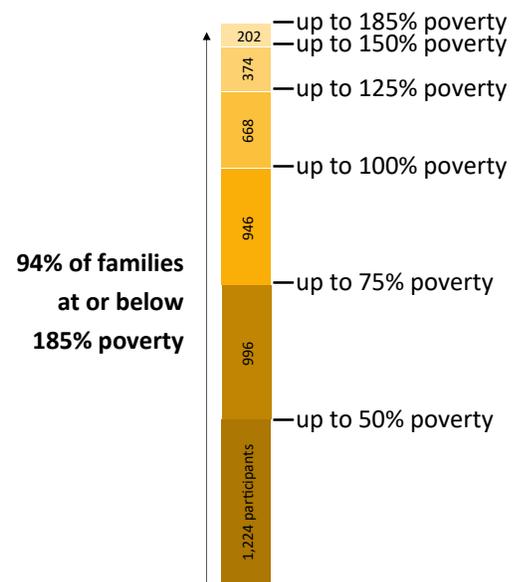
**\$1** spent on **CA EFNEP** saves **\$8.34** in health care costs<sup>1</sup>

#EFNEPworks



## SERVING LOW-INCOME

**94%** of CA participants **who reported income** are at or below 185% of the Federal Poverty Level<sup>2</sup>



EFNEP graduates reported an average **\$39.60** in monthly **food cost** savings, which annually saved California EFNEP families<sup>3</sup>:

**\$2,589,365.00**

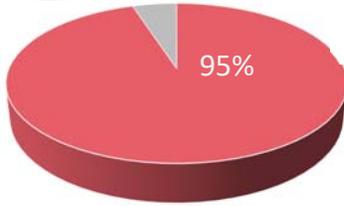
<sup>1</sup>Joy A, Pradhan V, Goldman G. 2006. Cost-benefit analysis conducted for nutrition education in California. Calif Agr 60(4):185-191. <https://doi.org/10.3733/ca.v060n04p185>

<sup>2</sup>Poverty level for a family of 4: \$25,750 and 185FPL is \$47,057, source: <https://aspe.hhs.gov/poverty-guidelines>

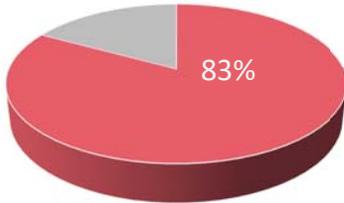
<sup>3</sup>Collectively adding yearly food cost savings for all CA enrolled EFNEP households based upon average monthly savings.



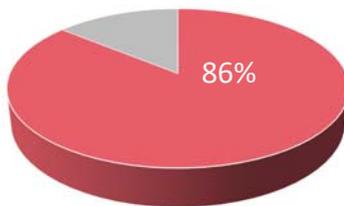
## CHANGING BEHAVIOR



**95%** of adults improved **diet quality practices**, with **59%** eating dark green vegetables more often each week



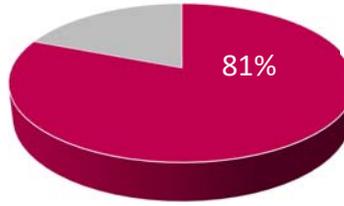
**83%** of adults improved **food safety practices**, with **61%** thawing frozen food at room temperature less often



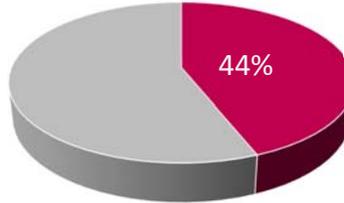
**86%** of adults improved **physical activity practices**, with **64%** exercising for at least 30 minutes more a week



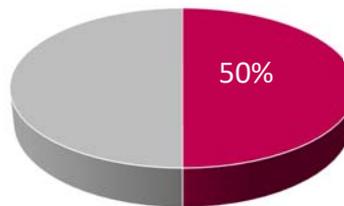
## IMPROVING KNOWLEDGE



**81%** of youth improved their ability to choose food to improve diet quality



**44%** of youth improved physical activity practices or knowledge



**50%** of youth improved food safety practices or knowledge



## SHARED STORIES

"I was 220 lbs., never exercised, nor controlled my diet and because of the changes I made coming to EFNEP, using Walk Indoors CD, I now weigh 166 lbs., and my liver is normal according to my doctor"

- Yuba County EFNEP Graduate

"I received a grocery list pad. As a result, I prepare more accurate shopping lists and I am more organized during my shopping trips. Last month, I spent \$100 less on grocery shopping compared to what I spent the month prior to joining the nutrition class."

- Contra Costa County EFNEP Graduate

"I give more fruits and vegetables to my kids. Substitute sugary snacks such as cookies or sweets for fresh fruits, blueberries, raspberries and apples. Reading the labels helped me to have a better quality of life. I liked this class because I learned a lot, to eat healthy and lose weight, and this is good for me and my family. Thanks to you there are big changes for me and my family."

- Alameda County EFNEP Graduate

When others were apprehensive an eager student volunteered to be the first to taste hummus while encouraging others to taste the food. In addition to being a classroom role model, she shared nutrition information with her family resulting in changing family eating habits. "I told my family brown rice is better (for you) than white rice".

- Orange County EFNEP 4th-grade student