San Joaquin EFNEP: Improving health and nutritional well-being

Sixty-five percent of San Joaquin County adults are overweight or obese. Annually, San Joaquin County loses $840 million dollars in healthcare and lost productivity costs 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. Through a series of nutrition classes, EFNEP focuses on skills to plan tasty, cost-effective, and nutritious meals. San Joaquin County EFNEP encourages parents and caregivers to be role models for their children.

EFNEP supports those with the greatest need

EFNEP Participant Profile:

- 41% of adult participants had less than a high school education.
- 66% of families had income levels at or below 50% of the poverty level.
- 76% of participants participated in one or more food assistance programs.
- 56% identified themselves as Hispanic or Latino.

EFNEP makes a difference

In FY 2009-10, San Joaquin County EFNEP:

- Delivered nutrition education to **322 families**.
- Taught an average of **8 lessons** to each adult participant.
- Reached more than **1,100 family members** indirectly.

Of the 402 adult program graduates:

- 83% improved at least one **nutrition practice**.
- 77% improved at least one **food resource management practice**.
- 48% showed improvement in one or more **food safety practices**.

FY2010 EFNEP Counties

For more information:
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EFNEP participants stretch their food dollar farther

EFNEP participants saved an average of $16/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.

- 45% 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.

- 57% 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.

- 43% of EFNEP participants stopped adding salt to their foods.

“I have learned to eat better, even whole wheat... something I never liked. I learned how to budget, how to be careful in cooking and preparing foods at a safe temperature, how to do portions.”

- EFNEP participant

“I am changing my eating to healthier foods—more water, vegetables and fruits.” –EFNEP Participant

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 49% increased the variety of vegetables they eat.

References: