EFNEP IMPACT
Tulare County

Tulare County EFNEP: Improving health and nutritional well-being

Sixty-eight percent of Tulare County adults are overweight or obese. Annually, Tulare County loses $340 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. Tulare County EFNEP encourages parents and caregivers to be role models for their children.

EFNEP supports those with the greatest need

EFNEP Participant Profile:

- 30% of adult participants had less than a high school education.
- 82% of families had income levels at or below 50% of the poverty level.
- 89% of participants participated in one or more food assistance programs.
- 88% identified themselves as Hispanic or Latino.

EFNEP makes a difference

In FY 2009-10, Tulare County EFNEP:

- Delivered nutrition education to 730 families.
- Taught an average of 8 lessons to each adult participant.
- Reached more than 3,250 family members indirectly.

Of the 275 adult program graduates:

- 79% improved at least one nutrition practice.
- 78% improved at least one food resource management practice.
- 52% showed improvement in one or more food safety practices.

“I learned how important it is to eat healthy foods. I choose better foods as a result of what I have learned through these classes.”

- EFNEP Participant

For more information:
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Expanded Food and Nutrition Education Program (EFNEP)
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.

“I learned not to eat too much grease because of cholesterol levels and to eat more fruits and vegetables. Now we eat more vegetables and I now use olive oil and 2% low-fat milk.”

- EFNEP Participant

EFNEP reduces the risk of chronic disease

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

➢ 37% 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.

➢ 40% 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.

➢ 35% of EFNEP participants stopped adding salt to their foods.

“I learned how to eat healthier to help with my diabetes and because I am making better choices, I am healthier overall.”

- EFNEP Participant

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

➢ 40% of EFNEP participants increased the variety of fruits and 54% increased the variety of vegetables they eat.

References: