

## EFNEP National Statement

EFNEP approaches nutrition education holistically. Individual and family participants build on their skills as they focus on four core areas:



Diet quality & physical activity



Food resource management



Food safety



Food security

## Wisconsin Landscape

Systems, policies and environmental factors impact individual health and wellness.

Parents & caregivers who model healthy eating behaviors have children with healthy eating behaviors



**1 of 10**

Wisconsin households are food insecure



**1 in 15**

Wisconsin adults eat the recommended daily amount of fruits & vegetables

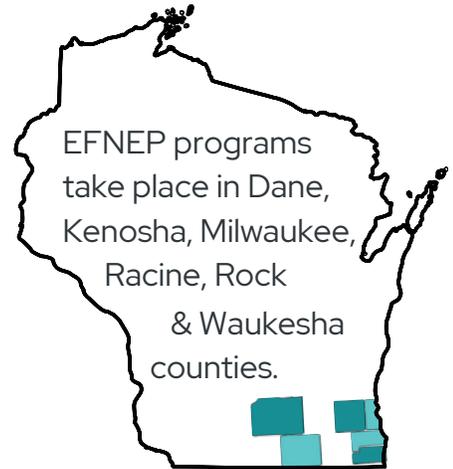


**1 in 2**

youth get the recommended level of physical activity



## Program Reach



EFNEP programs take place in Dane, Kenosha, Milwaukee, Racine, Rock & Waukesha counties.

**211 adults & 1799 youth.**

participated in hands-on, interactive lessons provided by peer educators.

# Healthy Intentions

# Healthy Behaviors

EFNEP programs build on community strengths to leverage university resources and support health with evidence-based approaches.

## Diet

### Quality

**98%** of adults improved diet-quality indicators such as eating fruits & vegetables, drinking less sugar-sweetened beverages, & cooking dinner at home.



**86%** of youth & children improved making choices for foods consistent with Federal Dietary Guidelines.

## Food Resource Management

**96%** of adults improved practices like meal plans, comparison of prices or use of grocery lists.



**48%** of youth improved knowledge, skills, or behaviors related to preparing simple, nutritious, and affordable food.

## Food

### Safety

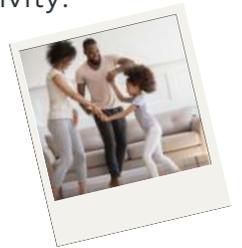
**71%** of adults improved food safety practices, such as thawing & storing foods correctly.



**49%** of youth improved knowledge, skills, or behaviors related to handling food safely.

## Physical Activity

**68%** of adults reported increased physical activity.



**59%** of youth improved knowledge, skills, or behaviors necessary to improve their physical activity practices.

## Making

## A Difference

I had no idea popcorn was a whole grain. I notice that I feel fuller when I have that for a snack. Now I get it for my family and I bring it to the [community] center I work at.

### Adult Participant

I tried something new and I liked it! Rutabaga!

### Youth Participant



I didn't drink water but now I am increasing my water consumption little by little.

### Adult Participant

I would've never made this if you had just handed me the recipe. But since we made this and tried it, I know I like it and am going to make it again.

### Teen Participant