

# 2022 EFNEP IMPACT IN HILLSBOROUGH

UF | IFAS Extension  
UNIVERSITY of FLORIDA




The Expanded Food and Nutrition Education Program is designed to assist limited-resource families in acquiring the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets. Since 1969, the University of Florida's EFNEP has worked in local communities to teach participants skills and strategies to stretch their food dollars, eat nutritious meals, and improve their overall health.

## THE CHALLENGES IN HILLSBOROUGH

  
**164,350**  
are **food insecure**<sup>1</sup>

  
**8.9%**  
increase in  
**food costs** in 2022<sup>2</sup>

  
**84%**  
eat fewer than  
five **fruits and**  
**veggies** per day<sup>3</sup>

  
**1 in 6**  
**children** are  
food insecure<sup>4</sup>

## PROGRAM REACH



**588**  
Adult Program  
Participants



**2,624**  
Youth Program  
Participants



**16**  
Partner  
Organizations  
Engaged

## OUR IMPACT

Percentage of **program graduates**  
who **improved** health behaviors:

■ Adult ■ Youth

Nutrition Practices **95%** **86%**

Food Resource  
Management Skills **90%** **43%**

Physical Activity  
Levels **69%** **60%**

Food Safety **75%** **55%**

Food Security **42%** **17%**

## ADULT PARTICIPANTS IMPROVEMENTS IN FOOD RESOURCE MANAGEMENT PRACTICES



**53%**  
use a **spending plan**  
more often



**50%**  
check for **sales on**  
**food** before purchase



**51%**  
check for **food items**  
**on sale** more often

Sources: 1. Feeding America 2. Bureau of Labor Statistics 3. Florida Health Charts 4. Feeding America

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Visit our website  
and learn more  
about EFNEP!

## WHAT OUR PARTICIPANTS HAVE TO SAY



“

I enjoyed this class so much! We had to give a presentation for our final grade in the class and I did mine on nutrition all because of what we learned from EFNEP!

**Adult Participant**

”



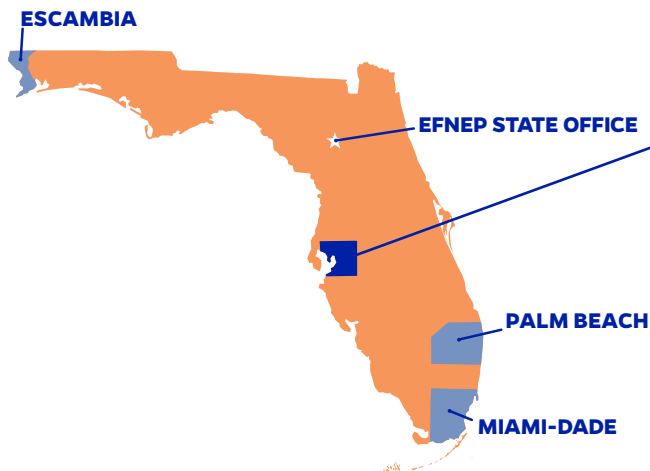
“

When they showed us the difference between saturated and unsaturated fat, I made a change to eat less saturated fat and I eat more fruits and veggies now.

**Youth Participant**

”

## CONTACT



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expanded-food-and-nutrition-education-program](http://sfyl.ifas.ufl.edu/hillsborough/work-and-life/expanded-food-and-nutrition-education-program)



**Hillsborough  
County Florida**

