

2020 EFNEP BY THE NUMBERS



The Expanded Food and Nutrition Education Program (EFNEP) 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.

GRADUATED FROM EFNEP EDUCATION SERIES



3,127

YOUTH

1,621

ADULTS



THE CHALLENGE IN FLORIDA

Food Choices

82%

eat fewer than five fruits and vegetables per day¹



Physical Activity

65%

do not meet physical activity recommendations¹



Food Resource Management

49%

reported cooking five dinners a week at home²



Food Safety

17%

got sick from foodborne illnesses³



Food Security

13%

experience food insecurity⁴



EFNEP's RESULTS

87%

YOUTH

95%

ADULTS

improved food choices

57%

YOUTH

82%

ADULTS

improved physical activity levels

47%

YOUTH

82%

ADULTS

improved food resource management practices

55%

YOUTH

83%

ADULTS

improved food safety practices

49%

ADULTS

improved food security

THE EFNEP SOLUTION

HELP

families with low income improve their health through a series of interactive lessons to improve food and physical activity behaviors.

COLLABORATE

with community partners to support and improve food and physical activity behaviors for low-income populations and work to meet new needs related to COVID-19.

CONTRIBUTE

to the reduction of health disparities associated with those who have limited financial resources.

Sources:

1. <http://www.floridacharts.com>

2. <http://ldihealtheconomist.com/media/prevalence-and-patterns-of-cooking-dinner-at-home.pdf>

3. <https://www.cdc.gov/foodborneburden/2011-foodborne-estimates.html>

4. <https://map.feedingamerica.org/county/2019/overall/florida>

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