

## 2020 EFNEP IN MIAMI-DADE COUNTY BY THE NUMBERS



The Expanded Food and Nutrition 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.

### GRADUATED FROM EFNEP EDUCATION SERIES

**485**

ADULTS



#### THE CHALLENGE IN FLORIDA

##### Food Choices

**82%**

eat fewer than five fruits and vegetables per day<sup>1</sup>



**96%**

ADULTS

improved food choices

##### Physical Activity

**65%**

do not meet physical activity recommendations<sup>1</sup>



**84%**

ADULTS

improved physical activity levels

##### Food Resource Management

**49%**

reported cooking five dinners a week at home<sup>2</sup>



**82%**

ADULTS

improved food resource management practices

##### Food Safety

**17%**

got sick from foodborne illnesses<sup>3</sup>



**89%**

ADULTS

improved food safety practices

##### Food Security

**13%**

experience food insecurity<sup>4</sup>



**51%**

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 an improved food and physical activity 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>