



# A Food is Medicine Success Story: EFNEP and AdventHealth in Hillsborough County

## Introduction

The University of Florida IFAS Extension Expanded Food and Nutrition Education Program (EFNEP) partnered with AdventHealth's Food is Health (FIH) program, a Food is Medicine intervention in Hillsborough County, Florida.

## Methods

The partnership's success is evaluated through pre- and post-program assessments. A Registered Nurse measured participants' blood pressure, blood glucose, and body mass index at the start and end of the eight-week community nutrition education series. Additionally, participants complete food and physical activity surveys and 24-hour dietary recalls from the USDA National Institute of Food and Agriculture (NIFA), administered by EFNEP peer educators.



## 2024 Impact



61%

Improved food security



97%

Improved nutrition behavior



96%

Improved food resource management

Total participants in 2024

222



## UF/IFAS Extension EFNEP's Role

- Offers free adult nutrition education series to participants with low income
- Teaches the following topics: saving money while grocery shopping, meal planning, food safety, physical activity, and improving food access
- Provides teaching tools: measuring cups/spoons and cutting boards

## AdventHealth's Role

- Administers Food is Health Program
- Gives produce prescriptions to participants at each class
- Identifies food deserts for programming
- Empowers participants with health information

## Partnership impact at a glance

1,550

Total participants since 2016

\$80

Total for each participant after completing the series

\$124,000

Total investment from AdventHealth since 2016



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## Participant Testimonials

### A Journey to Better Health

“After learning about nutrition in class, I started making small changes to my diet. I had just seen my doctor, and she was very happy with my test results. My cholesterol and blood sugar levels were much better. I was so surprised!

I explained that I began eating more fruits and vegetables and stopped going to fast-food places. Since I live alone, it was easier to eat out, but now I choose healthier options like salads and grilled chicken. EFNEP changed my life.”

### Love your Vegetables, Spread the Health

“At first, I barely ate any vegetables because I didn't know much about them or how to prepare them. But with EFNEP, I learned how to cook and enjoy a variety of vegetables. By the end of the program, I felt so grateful.

The nutrition class and AdventHealth have been a blessing for my family and me. We're all taking better care of our bodies, and my kids now love trying new vegetables. I'm no longer afraid to buy different vegetables with my produce prescription at the market.”

**To partner with EFNEP  
or learn about the Food  
is Medicine initiatives,  
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