

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

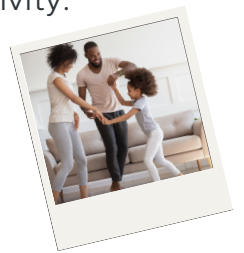
71% of adults improved food safety practices, such as thawing & storing foods correctly.



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