

# California Expanded Food and Nutrition Education Program 2019 Annual Impact

## Issues in California



Third highest cost of living in the nation



> 6 million live in poverty



43% of children are poor or near poor. 84.5% of poor children live in families with at least one working adult.

Families living in poverty experience increased health issues



Higher rates of obesity  
31% adults  
15% youth

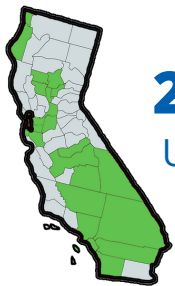


Higher rates of diet-related chronic disease

Sources: All estimates are based on the California Poverty Measure (CPM). Official poverty statistics are from the data.census.gov.



The Expanded Food and Nutrition Education Program (EFNEP) partners with local community organizations to give low-income families the knowledge and skills needed to make behavior changes toward a healthy diet and an active lifestyle, while on a limited budget.



**24 counties**  
Urban and Rural

**36,387**  
lessons

**4,849 Families**  
**19,307 Youth**  
**16,771 Family members reached indirectly**



EFNEP nutrition educators teach lessons in English, Spanish, Hmong, Chinese and Russian

"My son is losing weight because I no longer feed him junk food - only whole foods like fruits and veggies."  
*Contra Costa County*

## Adult EFNEP participants are making positive behavior changes



**95%**

Improved dietary choices



**87%**

Improved physical activity



**86%**

Improved food safety practices



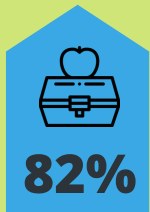
**83%**

Adopted habits to save money on their food bill

**\$65.90** Average savings per month

**\$2,930,704** Grocery savings in one year by EFNEP graduates

# California EFNEP helps youth adopt healthy behavior



82%

Improved dietary choices



55%

Improved physical activity

"I was so excited to see how my students started to pay more attention to what they were eating and bring more fresh fruit/veggies in their lunches. Great program!"

*Teacher, San Diego County*



EFNEP graduate redeems farmers' market voucher in San Mateo County

## Partnerships increase access to fresh produce

In Spring 2019, the EFNEP Program in San Mateo County partnered with Fresh Approach to increase access to healthy food. They collaborated on a grant to give farmers' market vouchers to adults who completed the series of eight EFNEP classes, plus a bonus cooking class with Fresh Approach. Each participant received \$30 of farmers' market vouchers after each class.

## Behaviors change toward health

Participants increased their knowledge of nutrition and health. The food demonstrations in EFNEP classes and the cooking class by Fresh Approach gave participants practical cooking skills using fresh ingredients they were now able to access through the farmers' market vouchers.

"Based on the things I've learned..."



"I am substituting and eating healthier. I read nutrition labels more often and calculate servings and save money. I've also minimized my food portions."

*EFNEP Graduate from Fresno County*



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