

EVALUATING EFNEP

(Expanded Food & Nutrition Education Program)



Healthy diets play a major role in preventing **obesity** and **chronic diseases**.

Many Americans, particularly those with **lower incomes**, do **NOT** eat healthy diets.

In **1968**, Congress established EFNEP to help **low-income** families gain the **knowledge, attitudes, skills, and behaviors** necessary for nutritious diets.

With **TENS OF MILLIONS** spent on EFNEP each year, it's important to make sure the program is **EFFECTIVE**. To do this, **RESEARCHERS & EXTENSION** educators from **20+ land-grant universities** are designing methods & tools to **MEASURE CHANGES** in food-related behaviors.

Educators developed and tested 32 questions about nutrition, food resource management, food safety, food security, and physical activity (which was not included previously). In October 2017, EFNEP adopted 20 questions for use in assessments nationwide. The Food and Physical Activity questionnaire provides a dependable look at how well EFNEP changes food-related behaviors in adults.



Why a multistate effort?

Access to a **VARIETY** of communities so researchers can see how employment, education, age, income, location, ethnicity, and other factors affect EFNEP's success

AGREEMENT that methods and tools will be reliable nationally because they've been tested in every state

Working together, researchers can develop **CONSISTENT** training protocols for new methods and tools

Enables **WIDESPREAD OUTREACH**

Collaboration helps researchers **SHARE RESOURCES** and **FUNDING**

Researchers tested an online, automated 24-hour dietary assessment tool, which could make it easier to take and analyze assessments of the foods people eat.

A new evaluation tool will help EFNEP leadership and educators see how well infant feeding programs are working and identify where to make specific improvements. Healthy infant feeding improves health into childhood and beyond.

Researchers are creating models that fully capture the costs and benefits of EFNEP, including impacts on quality of life. Understanding who is impacted and the monetary value of those impacts is important for demonstrating the program is a good use of public funds.

People have a hard time remembering and accurately reporting what they eat, making it difficult to assess their diets. Researchers addressed this problem by developing a new tool that does not rely on reporting. Instead, it looks at the barcodes of foods people buy at stores.

For the first time in program history, researchers confirmed that EFNEP improves the quality of life of participants and the peer educators who deliver the program, particularly their psychological and spiritual wellbeing and social belonging. The research also sheds lights on the extent to which these positive impacts are based on how the program was delivered, interactions with fellow participants, the current economy, or other influences.

Why does this work matter?

HELPS ASSESS how well EFNEP and other nutrition education programs work

PINPOINTS specific ways to improve nutrition education programs

ENSURES nutrition programs lead to changes in behavior that improve the health of people across the country. Better health can improve quality of life, increase productivity, lower healthcare costs, and reduce the need for government assistance and emergency care.