

Expanded Food & Nutrition Education Program

Cooperative Extension program provides nutritional information to low-income individuals to help them gain skills and motivation.

Public health officials continue to sound the alarm about America's mounting obesity epidemic. Recent studies have found that nearly two-thirds of U.S. adults are overweight or obese, and both children and adults are consuming significantly more calories today than they did just 30 years ago.

The personal costs of this epidemic include reduced longevity due to increases in heart disease, hypertension, stroke, some types of cancer, and diabetes. The societal costs are immense: annual obesity-attributable medical expenditures in the United States are now estimated at \$125 billion (or more).

EFNEP: A Proven Solution

Among the best tools yet developed to fight obesity is the Expanded Food and Nutrition Education Program (EFNEP) funded by the USDA's Cooperative State Research, Education, and Extension Service and managed by America's land-grant universities. In over 800 counties in all 50 states and the U.S. territories, EFNEP combats obesity by helping low-income individuals gain the skills and motivation they need to improve their diets and be more physically active.

Also, studies show that people who run out of food or miss meals because they cannot afford them are among the most obese. EFNEP reaches these "high-risk" individuals through tried and true lessons and activities taught in peer-to-peer fashion by paraprofessionals and volunteers recruited from their neighborhoods.

In FY 2006, 559,659 individuals (73 percent youth) participated in the EFNEP program, learning how to prepare healthy meals for their families, stretch their food budgets, and find ways to be more active.

The President's FY 2009 budget request proposes to reduce EFNEP funding by \$3.277 million from the FY 2008 enacted level. NASULGC opposes the proposed decrease and recommends that Congress continue to support EFNEP at a level of \$65.557 million.

NASULGC'S PRIORITY REQUEST FOR FY 2009

- Expanded Food and Nutrition Education Program... \$65.557 M



EFNEP graduates made measurable progress in FY 2006:

- 92%** Improved their dietary intake, including an increase of about 1.6 servings per day of fruits and vegetables.
- 88%** Increased nutrition practices such as making healthful food choices and reading nutrition labels.
- 83%** Bettered their food resource management practices such as meal planning and shopping with a list.
- 66%** Improved food safety practices such as storing and thawing food properly.

Results for EFNEP's youth participants were also impressive:

- 71%** Now eat a variety of foods.
- 69%** Increased their knowledge of the essentials of human nutrition.
- 61%** Increased their ability to select low-cost nutritious foods.
- 63%** Improved practices in food preparation and safety.

A Solid Return on Investment...

Cost-benefit studies have shown that for every dollar invested in EFNEP, health care costs can be expected to decline by: \$10.64 in Virginia; \$8.82 in a group of Midwestern states; \$8.03 in Iowa; and \$3.63 in Oregon. Universally, every state showed a positive benefit for participants.

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Appropriations Bill	Agriculture
Agency	Cooperative State Research, Education, and Extension Service (USDA)
Account	Extension Activities
Project (Program) Name	Expanded Food & Nutrition Education Program (EFNEP)

Requested Amount **\$65,557,000**

Authorization	7 U.S.C. 343(d), (Sec. 3(d) of the Smith-Lever Act of 1914)
Description	This CSREES <u>program</u> provides funding to Cooperative Extension offices to deliver food and nutrition education to low income families, youth, and children.
Benefits / Impacts Justification / Explanation	The Expanded Food and Nutrition Education Program (EFNEP) operates in all 50 states and in American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands. It helps limited-resource audiences acquire the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

Funding History

FY 2009 (President's Budget)	FY 2008	FY 2007	FY 2006	FY 2005	FY 2004
\$62,280,000	\$65,557,000	\$63,538,000	\$62,008,000	\$58,438,000	\$52,057,000

Misc. Information

Matching Funds	This program operates under the 3(d) authority of the Smith-Lever Act which has a dollar-for-dollar matching requirement.
Final Recipients	1862 and 1890 Land-Grant Universities.
Note for Senate Offices	Funding is <u>not</u> being requested for this program through another appropriations bill.

Additional Information > www.nasulgc-bac.com/kb.htm