

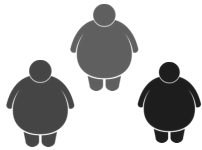


Maryland Expanded Food & Nutrition Education Program (EFNEP)

2018 Impacts: Prince Georges County

The Expanded Food and Nutrition Education Program (EFNEP) empowers limited-income families with children and youth to make diet and physical activity-related behavior changes as a way to facilitate a healthy lifestyle and reduce chronic disease risk.

The Challenge



70% of PG County residents are obese, one of the highest rates in the State*.

EFNEP Educational Reach

422

adults in Prince Georges County received education



1,514

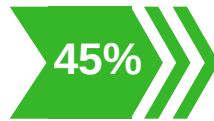
total of family members

The Impact

Changes In Adult Behaviors



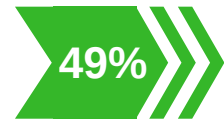
improved diet quality behaviors.



improved food resource management.



improved food safety behaviors.



improved physical activity behaviors

Adults Showed Significant Improvements in Dietary Intake by



Increasing Dairy



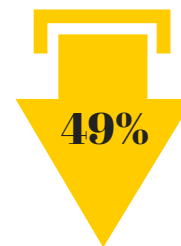
Increasing Protein



Increasing Fruits & Vegetables



Increasing Whole Grains



of EFNEP adult participants decreased their intake of solid fats and added sugars.

For every \$1 spent on EFNEP, \$10.64 is saved in healthcare costs. Families on an average saved \$31 per month in food costs.

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*Prince George's County Health Department. (2012). Prince George's County Health Improvement Plan 2011& 2014. Retrieved February 05, 2018 from <http://princegeorgescountymd.gov/etc>.

Find us on @efnepPrinceGeorges

@PGCountyEFNEP

https://www.youtube.com/channel/UC_HpNsq1Ej5ZxCUyMXmHWjgg/feature

Visit our website at: <https://extension.umd.edu/prince-georges-county/food-and-nutrition/expanded-food-and-nutrition-education-program-efnep>