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.

**WHAT DO WE TEACH?**

EFNEP educators teach youth to eat nutritious foods, participate in physical activity, and make healthy snack and drink choices through fun and interactive lessons.

**EFNEP EDUCATIONAL REACH**

180 Youth in Montgomery County received nutrition education

45% boys

55% girls

**THE IMPACT**

91% Improved Dietary Practices

- By increasing fruit and vegetable intake
- By choosing healthy snacks

79% Youth Improved Food Safety Practices

68% Youth Improved Physical Activity Practices

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@MDEFNEP
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Maryland Expanded Food & Nutrition Education Program (EFNEP)

EFNEP Montgomery County Adult Program Impact Report 2021

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

21.9% of Montgomery County residents are obese (https://datausa.io/profile/geo/montgomery-county-md, 2021).

EFNEP EDUCATIONAL REACH

338 Adults in Montgomery County

1707 People in program families received education

THE IMPACT

Changes in Adult Behavior

Adults Showed Significant Improvements in Dietary Intake by increasing:

- **99%** Improved Dietary Quality Behaviors
- **99%** Improved Food Resource Management
- **85%** Improved Food Safety Behaviors
- **95%** Improved Physical Activity Behaviors

For every $1 spent on EFNEP, **$10.64** is saved in future healthcare costs, and on average, **$52.9** is saved per month in participants food costs

EFNEP Cost Savings!!

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