

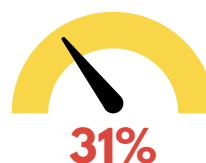
# Maryland Expanded Food & Nutrition Education Program (EFNEP)

## EFNEP Montgomery County Youth Program Impact Report 2021

### WHO ARE WE?

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



of children in Montgomery County are overweight/obese.

### 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.



**EAT** Healthy Foods

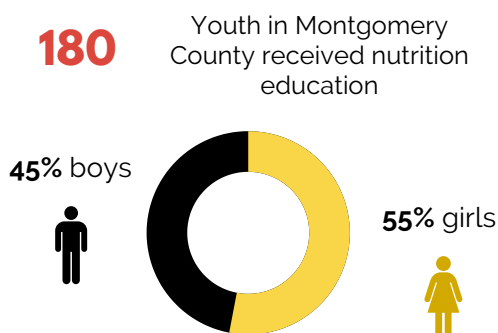


**INCREASE** Regular Physical Activity



**CHOOSE** Healthy Snacks

### EFNEP EDUCATIONAL REACH



### 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

### UME EFNEP Montgomery County Contact Information



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Visit our website at:  
<https://extension.umd.edu/locations/montgomery-county/family-and-consumer-sciences>

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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:



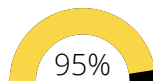
Improved Dietary  
Quality Behaviors



Improved Food  
Resource Management



Improved Food  
Safety Behaviors



Improved Physical  
Activity Behaviors



**54%**

Dairy

**47%**

Protein

**57%**

Fruits & Vegetables

**60%**

Whole Grains



### EFNEP Cost Savings !!

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

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