



Nutrition and Health

PHOTO: USDA

Community Nutrition Programs Improve Healthful Outcomes

Community Nutrition Education Programs, a service of the Land-grant University System, use Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed) funding to educate and empower low-income individuals, families, school-age youth and pregnant teens. Extension educators across the country deliver research-based, hands-on learning experiences on diet quality, food safety, physical activity, food security and food resource management through various virtual platforms and in-person classes.

Here are a few examples of that work:

- Obesity prevalence in the U.S. has increased steadily in the past three decades. In **Oklahoma**, 90% of participants improved in one or more physical activity areas like exercising for at least 30 minutes a day or making small changes to be more active.
- **Tennessee's** Community Nutrition Education Programs saved over \$13 million in healthcare costs for the people in the state.
- Of the participants in **Connecticut**, 97% improved at least one practice related to diet quality and 74% of adults improved one food resource management practice.
- In **Alabama**, 45% of youths increased the variety of vegetables they eat and 38% increased their physical activity. Evaluations from another program showed that 74% of participants improved in one or more physical activity behavior.
- Parents in **Arkansas** learned how to cook and interact at the dinner table with their children to help prevent obesity and provide a better head start.

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- A project in **Montana** provided 4,700 pounds of fresh food to support hundreds of households, including indigenous communities.
- In **Delaware**, 91% of participants improved one or more of their food resource management skills and 42% now compare prices when shopping.
- **Wisconsin** developed a culturally appropriate evaluation tool in English and Spanish and shared it with programs throughout the Land-grant University System to continue improving the services offered.