

APPROPRIATIONS REQUEST

NATIONAL INSTITUTE OF FOOD AND AGRICULTURE

Expanded Food and Nutrition Education

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).

Among the best tools yet developed to fight obesity is the Expanded Food and Nutrition Education Program (EFNEP) funded by the USDA's National Institute of Food and Agriculture and managed by America's land-grant universities. In over 800 counties in all 50 states, D.C. 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 a peer-to-peer teaching model by paraprofessionals and volunteers recruited from their neighborhoods.

In FY 2008, 582,478 individuals (76 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.

In light of current economic conditions, Congress must provide enhanced funding for EFNEP, and A.P.L.U. supports a funding level of \$68 million for FY 2010.



EFNEP graduates made measurable progress in FY 2008:

- 94%** Improved their dietary intake, including an increase of about 0.8 cups per day equivalent of fruits and vegetables.
- 88%** Increased nutrition practices such as making healthful food choices and reading nutrition labels.
- 84%** Bettered their food resource management practices such as meal planning and shopping with a list.
- 65%** Improved food safety practices such as storing and thawing food properly.

Results for EFNEP's youth participants were also impressive:

- 73%** Now eat a variety of foods.
- 68%** Increased their knowledge of the essentials of human nutrition.
- 59%** Increased their ability to select low-cost nutritious foods.
- 63%** Improved practices in food preparation and safety.

A.P.L.U. PRIORITY REQUEST FOR FY 2010

Expanded Food & Nutrition Education Program.....\$68 M

For additional information see page two
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Expanded Food & Nutrition Education Program

Appropriations Bill	Agriculture				
Agency	National Institute of Food and Agriculture (formerly Cooperative State Research, Education, and Extension Service)				
Account	Extension Activities				
Program Name	Expanded Food & Nutrition Education Program (EFNEP)				
Requested Amount	\$68,000,000				
Authorization	7 U.S.C. 343(d), (Sec. 3(d) of the Smith-Lever Act of 1914).				
Description	This program provides funding to Cooperative Extension offices to deliver food and nutrition education to low income families, youth, and children.				
Benefits/Impacts	The Expanded Food and Nutrition Education Program (EFNEP) operates in all 50 states, the District of Columbia, 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 2010 President's Budget	FY 2009	FY 2008	FY 2007	FY 2006	FY 2005
\$66,155,000	\$66,155,000	\$65,557,000	\$63,538,000	\$62,008,000	\$58,438,000
Misc. Information					
Matching Funds	This program operates under the 3(d) authority of the Smith-Lever Act. No match is required.				
Final Recipients	1862 and 1890 Land-Grant Universities.				
Note for Senate Offices	Funding is not being requested for this program through another appropriations bill.				
Additional Information	www.land-grant.org/kb.htm				

The Association of Public and Land-grant Universities represents 217 U.S. universities and has members in all 50 states, the District of Columbia, and the U.S. territories.