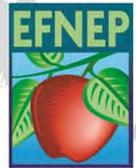


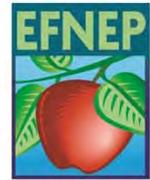
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Susan Baker, EdD



DR. SUSAN BAKER

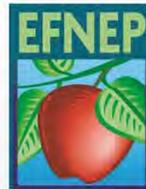
- Associate Professor and EFNEP Coordinator
- Colorado State University, Fort Collins, Colorado
- 27 years with EFNEP and nutrition education



Introduce yourself briefly and mention your involvement and interest

WHAT IS THE EFNEP PROGRAM?

- Federal Extension Program operating through Land-Grant Universities in all states and US territories
- Nutrition education for low-income families (youth & adults)
- Content: nutrition, food safety, food budgeting, physical activity and food security
- Paraprofessionals deliver a series of face-to-face, hands-on, interactive lessons to program participants



- EFNEP rose out of societal concern that millions of Americans were living in poverty and experiencing hunger
- It is a federally funded nutrition education program targeting low-income families *and families with young children and pregnant women* which began in 1969. Funded and administered through the United States Department of Agriculture's National Institute of Food and Agriculture. EFNEP is an Extension program – community outreach – that is operated through Land Grant Universities in all 50 states and 6 US territories.
- EFNEP classes include information about nutrition,

food budgeting, physical activity and food security.

- EFNEP employs indigenous paraprofessionals, people from the target audience (a peer educator model), to deliver a series of lessons that center on participant involvement in kinesthetic activities

PROGRAM INTENT

- **Program Intent:** Families learn the knowledge, skills, attitudes and behaviors necessary to have nutritionally sound diets, contribute to their personal development, and improve the total family diet and nutritional well-being



- The goal of EFNEP is that families learn the knowledge, skills, attitudes and behaviors necessary to have nutritionally sound diets, contribute to their personal development, and improve the total family diet and nutritional well-being

WHAT IS THE EFNEP APPROACH? (DEFINITION)

A free needs-based education program aiming at improving skills and practices in nutrition, food budgeting, food security and physical activity. It is organized in local small-group sessions facilitated by paraprofessional (peer) educators who promote active learning through discovery, exploration, discussion and hands-on practice.



- **Small-group sessions**
- On average, adult participants get 8 to 12 lessons and youth participants get 6 lessons
- Adult group sizes range from 5 to 12 participants and youth groups are typically larger (~25).
- **Active learning** There is lots of learning by doing in our classes, much through food preparation.
- **Paraprofessional educators** facilitate clients' discovery and exploration of new information and skills.
- Hi Susan, mention that they will answer a question about this definition in the poll after your presentation

WHY THIS APPROACH?

- Small groups
- Series of lessons
- Community-based approach
- Local paraprofessional facilitators
- Hands-on practice of needed skills



• **Small groups** are mutually supportive and allow time for hands-on practice, discussion and tackling individual questions.

• The **series of lessons (typically 8-12)** allows time to see behavior change.

• The **community-based approach** (local classes, local facilitators) has high relevance to people's lives. Shared knowledge of the area makes opportunities and constraints visible.

• Because our **paraprofessionals** are part of the community they serve, they have local knowledge and similar life experiences as our clients, they are credible role models that are able to build trusting relationships with our clients quickly and motivate them towards behavior change.

- **Hands-on practice of needed skills** improves clients' self-efficacy for repeating these skills beyond the class experience.

WHAT ARE THE ESSENTIAL PROCESSES IN EFNEP?

- Classes are free
- Standardized content
- *Eating Smart* • *Being Active*
- Hands-on, interactive learning
- Enhancements
- Standardized program evaluation



www.eatingsmartbeingactive.com

All EFNEP programs:

- Classes are free; agencies and participants are not charged to participate
- Lesson content is based on the Dietary Guidelines for Americans and the U.S. Physical Activity Guidelines. Core Content:
 - diet quality (examples of this content area include choosing foods low in fat, sugar and salt, high in calcium, increasing consumption for fruits and vegetables)
 - food resource management (for example, we address saving money on food by planning meals, making a grocery list, comparing prices)

at the grocery store)

- food safety (content includes: hand-washing, properly thawing foods, keeping raw meats away from ready-to-eat foods, cooking meats to safe internal temperatures)
- physical activity (including physical activity recommendations and ways to be active – participants are active in every class)
- Eating Smart Being Active is an award winning curriculum developed and distributed by Colorado State University and used by 45 states and 3 US territories in nutrition education programs like EFNEP as well as other nutrition education programs
 - Theory-based (Social Cognitive Theory)
 - Evidence-based
 - Adult learning principles such as hands-on activities, partner interactions, food preparation and cooking skill development, goal setting, connecting new information to information participants already have, opportunities to practice newly learned skills in a safe and respectful learning environment are all incorporated into the curriculum
- Participant Enhancement items that reinforce the

lesson concepts are distributed in each lesson. Examples of enhancement items include: measuring cups and spoons, instant-read meat thermometers, vegetable brushes, cookbooks

- Standardized program evaluation (pre/post) – all EFNEP programs are required to administer pre and post intervention evaluation instruments. For adults this evaluation includes a behavior checklist (Likert type scale survey) and 24 hour food recall. Youth interventions have a knowledge and behavior pre and post checklist (Likert-type scale). EFNEP has a web-based national evaluation and reporting system. Data from across the county is aggregated and the evaluation system provides both statewide and national reports. Program outcome results are consistently positive.

EATING SMART • BEING ACTIVE

- Goal setting
- Reach back



Away:
5 minutes



Goal setting

Turn to page 4 of your worksheet.

Complete the 3 statements based upon what you learned today:

One thing I will do this week to **plan** meals and snacks is: _____.

One thing I will do this week when **grocery shopping** is: _____.

One thing I will do to **save money** on groceries this week is: _____.

Our next lesson will be on

_____ at _____.

(day) (time)

Please write the day and time on the line provided.

- Participants set individual goals at the end of each lesson
- At the beginning of most lessons, participants have the opportunity to share their progress with their goals since the last week

PROGRAM EXAMPLE – COLORADO

VIDEO

Now I'd like to share a brief video about one of our paraprofessionals. We first met Nancy when she was a participant in one of our classes.. We often recruit participants to become paraprofessionals in our program when we have staff vacancies. In this video, Nancy will share a little bit about her experience with EFNEP as a participant and as an educator.

Program example – Colorado

* PLAY NANCY VIDEO



The class footage in this video is from a real class that Nancy was teaching. Now that you have watched the video, I would like to reiterate some of the key aspects of EFNEP that were apparent in the video:

- Nancy clearly has a strong rapport and relationships with her participants – this is in large part due to the fact that she is from the target audience. A true paraprofessional educator.
- The lesson is interactive and hands-on.
- The group is small so facilitated, hands-on activities are more interactive for all participants.
- A recipe is prepared involving the participants.

WHAT ARE THE KEY ELEMENTS OF EFNEP?

- Paraprofessionals (peer educators)
- Focused on families with young children
- Community-based
- Series of lessons



- Paraprofessionals (peer educators) –uniquely able to build strong relationships as teachers and role models with our clients.
- Family-focused with broad curricula that addresses the needs of the whole family (instead of very narrow focus of some models)
- Community-based (locally run, local facilitators)
- Series of lessons are taught over 2 to 3 months – it takes time to achieve behavior change

WHAT ARE THE KEY ELEMENTS OF EFNEP?

- Direct education
- Adult learning principles
- National program fidelity
- National reporting system



- Direct education (face-to-face). The program is time and labor intensive. It takes time and theory based interventions to achieve behavior change.
- Adult learning principles are used through informal, hands-on learning.
- National program fidelity – all programs teach the same content, use the same methodologies, use the same evaluation measures, and use paraprofessionals. This allows program leadership to aggregate our program outcomes and present national results – the number of people reached and the behaviors changed to program funders.

- National reporting system – the web-based system I mentioned simplifies reporting for everyone.

DEFINITION OF THE EFNEP APPROACH? (AGAIN)

A free needs-based education program aiming at improving skills and practices in nutrition, food budgeting, food security and physical activity. It is organized in local small-group sessions facilitated by paraprofessional (peer) educators who promote active learning through discovery, exploration, discussion and hands-on practice.



POLL QUESTION: How well does this definition match what you understand by the EFNEP model?

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REFERENCES

- National Institute of Food and Agriculture, US Department of Agriculture. The Expanded Food and Nutrition Education Program policies. <http://nifa.usda.gov/sites/default/files/program/EFNEP%20Policy%20Document%20015%20Update%20P1.pdf> . Updated August, 2015. Accessed March 25th, 2016.
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