

# FY2011: NIFA - National Data

## The Expanded Food and Nutrition Education Program (EFNEP)

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### SYSTEM DATA

**Funding Amount:** \$67,933,860

**Reporting Period:** 10/1/2010 – 9/30/2011

**Number of Units:** 949

### ADULT DATA

**Total Adults:** 134,446

**Total Other Family Members:** 378,862

**Mean # of Months (Graduates):** 3.0

**Mean # Lessons (Graduates):** 8.3

**Mean # Contacts (Graduates):** 7.0

| <b>Program Status</b>                           | <b>#</b> | <b>%</b> |
|-------------------------------------------------|----------|----------|
| Active                                          | 23,216   | 17%      |
| Graduated                                       | 88,099   | 66%      |
| Terminated                                      | 23,131   | 17%      |
| <b>Gender/Maternal</b>                          | <b>#</b> | <b>%</b> |
| Male                                            | 15,068   | 11%      |
| Female                                          | 119,378  | 89%      |
| Pregnant                                        | 13,678   | 10%      |
| Nursing                                         | 3,871    | 3%       |
| Not Pregnant, Not Nursing, No Children          | 13,198   | 10%      |
| <b>Residence</b>                                | <b>#</b> | <b>%</b> |
| Farm                                            | 2,370    | 2%       |
| Towns under 10,000 & rural non-farms            | 22,557   | 17%      |
| Towns & cities 10,000 to 50,000 & their suburbs | 27,105   | 20%      |
| Suburbs of cities over 50,000                   | 8,499    | 6%       |
| Central cities over 50,000                      | 73,915   | 55%      |
| <b>Poverty</b>                                  | <b>#</b> | <b>%</b> |
| < or = 50% of poverty                           | 57,299   | 43%      |
| 51 – 75% of poverty                             | 20,247   | 15%      |
| 76 – 100% of poverty                            | 12,470   | 9%       |
| 101 – 185% of poverty                           | 11,301   | 8%       |
| 185% or more                                    | 2,285    | 2%       |
| Income not provided                             | 30,844   | 23%      |

**ADULT DATA (contd.)**

| Instruction Type           | #       | %   |
|----------------------------|---------|-----|
| Group Lessons              | 113,825 | 85% |
| Individual Lessons         | 14,957  | 11% |
| Group & Individual Lessons | 5,578   | 4%  |
| Other                      | 86      | 0%  |

| Race and Ethnicity                        | Not Hispanic/<br>Not Latino |            | Hispanic or<br>Latino |            | Ethnicity Not<br>Provided |           | Totals         |             |
|-------------------------------------------|-----------------------------|------------|-----------------------|------------|---------------------------|-----------|----------------|-------------|
|                                           | #                           | %          | #                     | %          | #                         | %         | #              | %           |
| White                                     | 35,404                      | 26%        | 34,506                | 26%        | 1,518                     | 1%        | <b>71,428</b>  | <b>53%</b>  |
| African American                          | 32,242                      | 24%        | 1,148                 | 1%         | 1,897                     | 1%        | <b>35,287</b>  | <b>26%</b>  |
| American Indian or Alaska Native          | 2,343                       | 2%         | 2,447                 | 2%         | 75                        | 0%        | <b>4,865</b>   | <b>4%</b>   |
| Asian                                     | 3,275                       | 2%         | 74                    | 0%         | 112                       | 0%        | <b>3,461</b>   | <b>3%</b>   |
| Native Hawaiian or Other Pacific Islander | 1,867                       | 1%         | 157                   | 0%         | 448                       | 0%        | <b>2,472</b>   | <b>2%</b>   |
| Multiple Races Identified                 | 1,874                       | 1%         | 574                   | 0%         | 87                        | 0%        | <b>2,535</b>   | <b>2%</b>   |
| Race Not Provided                         | 849                         | 1%         | 12,900                | 10%        | 649                       | 0%        | <b>14,398</b>  | <b>11%</b>  |
| <b>TOTAL</b>                              | <b>77,854</b>               | <b>58%</b> | <b>51,806</b>         | <b>39%</b> | <b>4,786</b>              | <b>4%</b> | <b>134,446</b> | <b>100%</b> |

Note: Percentages are rounded values so the sum of the individual percentages may not add up exactly to the totals.

| Public Assistance Program                                | Entry   |     | Exit* |    |
|----------------------------------------------------------|---------|-----|-------|----|
|                                                          | #       | %   | #     | %  |
| Total enrolled in one or more Food Assistance Program    | 103,883 | 77% | 6,665 | 5% |
| Women, Infants and Children (WIC)                        | 54,534  | 41% | 1,579 | 1% |
| Supplemental Nutrition Assistance Program (SNAP)         | 66,867  | 50% | 2,244 | 2% |
| Food Distribution Program on Indian Reservations (FDPIR) | 483     | 0%  | 87    | 0% |
| The Emergency Food Assistance Program (TEFAP)            | 5,501   | 4%  | 2,160 | 2% |
| Head Start                                               | 11,906  | 9%  | 703   | 1% |
| Child Nutrition                                          | 41,927  | 31% | 1,829 | 1% |
| TANF                                                     | 15,891  | 12% | 773   | 1% |
| Other Federal Assistance                                 | 11,658  | 9%  | 1,720 | 1% |

\*Exit data represents any new public assistance a participant began receiving during EFNEP/as a result of participating.

## ADULT IMPACT DATA - DIET RECALLS

# with both Recalls: 87,585

% of Graduates with both Recalls: 99%

| Food Group | Entry | Exit | Change |
|------------|-------|------|--------|
| Grains     | 5.6   | 5.5  | 0.0    |
| Fruits     | 0.9   | 1.3  | 0.5    |
| Vegetables | 1.4   | 1.7  | 0.3    |
| Milk       | 1.2   | 1.5  | 0.3    |
| Meats      | 4.9   | 5.0  | 0.1    |
| Oils       | 27.9  | 25.0 | -2.9   |

% with Positive Change in one or more Food Group: 94.2% (n= 70,359)

% with Positive Change in Physical Activity Level: 33.4% (n= 69,551)

Total Cost Savings: \$828,672.86 (n= 55,487)

Average Cost Savings: \$14.93 (n= 55,487)

| Healthy Eating Index (HEI) Category | Entry       | Exit        | Change     |
|-------------------------------------|-------------|-------------|------------|
| Fruit                               | 2.9         | 4.1         | 1.3        |
| Vegetable                           | 3.7         | 4.3         | 0.7        |
| Grains                              | 5.9         | 5.9         | 0.0        |
| Meat & Beans                        | 5.8         | 6.0         | 0.3        |
| Milk                                | 2.9         | 3.7         | 0.8        |
| Total Fat                           | 4.9         | 5.4         | 0.5        |
| Saturated Fat                       | 5.2         | 5.6         | 0.4        |
| Sodium                              | 5.6         | 5.4         | -0.2       |
| Cholesterol                         | 6.2         | 6.2         | -0.1       |
| Variety                             | 4.9         | 6.0         | 1.1        |
| <b>Total HEI</b>                    | <b>47.9</b> | <b>52.6</b> | <b>4.7</b> |

## ADULT IMPACT DATA - BEHAVIOR CHECKLISTS

# with both Checklists: 87,585

% of Graduates with both Checklists: 99%

| Improvement in one or more Practice | # Improved | # Responded | % Improvement |
|-------------------------------------|------------|-------------|---------------|
| Food Resource Management Practice   | 62,884     | 75,418      | 83%           |
| Nutrition Practice                  | 62,771     | 70,670      | 89%           |
| Food Safety Practice                | 50,256     | 75,996      | 66%           |
| Physical Activity Practice          | 11,389     | 23,172      | 49%           |

## YOUTH DATA

# of Youth Groups: 18,264

Total # of Youth: 506,156

# Youth in Other 4-H Programs: 44,023

Mean # Months: 4.3

Mean # Meetings: 5.7

Mean # Contact Hours: 7.5

| Gender                                          | #       | %   |
|-------------------------------------------------|---------|-----|
| Male                                            | 250,880 | 50% |
| Female                                          | 255,276 | 50% |
| Residence                                       | #       | %   |
| Farm                                            | 10,433  | 2%  |
| Towns under 10,000 & rural non-farms            | 140,819 | 28% |
| Towns & cities 10,000 to 50,000 & their suburbs | 83,478  | 16% |
| Suburbs of cities over 50,000                   | 44,559  | 9%  |
| Central cities over 50,000                      | 226,867 | 45% |
| Race                                            | #       | %   |
| White                                           | 268,689 | 53% |
| African American                                | 157,543 | 31% |
| American Indian or Alaska Native                | 11,802  | 2%  |
| Asian                                           | 11,230  | 2%  |
| Native Hawaiian or Other Pacific Islander       | 8,515   | 2%  |
| Multiple Races Identified                       | 16,370  | 3%  |
| Not Provided                                    | 33,845  | 7%  |
| Ethnicity                                       | #       | %   |
| Not Hispanic/Not Latino                         | 342,859 | 68% |
| Hispanic or Latino                              | 140,711 | 28% |
| Not Provided                                    | 22,586  | 4%  |

**YOUTH DATA (contd.)**

| <b>Grade</b>                                             | <b># Youth</b>  | <b>%</b> |
|----------------------------------------------------------|-----------------|----------|
| Pre-K, 2yrs                                              | 988             | 0%       |
| Pre-K, 3yrs                                              | 10,977          | 2%       |
| Pre-K, 4yrs                                              | 36,344          | 7%       |
| Kindergarten                                             | 46,959          | 9%       |
| Grade 1                                                  | 58,231          | 12%      |
| Grade 2                                                  | 61,824          | 12%      |
| Grade 3                                                  | 81,674          | 16%      |
| Grade 4                                                  | 69,081          | 14%      |
| Grade 5                                                  | 60,081          | 12%      |
| Grade 6                                                  | 30,267          | 6%       |
| Grade 7                                                  | 14,903          | 3%       |
| Grade 8                                                  | 11,102          | 2%       |
| Grade 9                                                  | 5,713           | 1%       |
| Grade 10                                                 | 4,706           | 1%       |
| Grade 11                                                 | 4,396           | 1%       |
| Grade 12                                                 | 4,557           | 1%       |
| Special Education                                        | 4,353           | 1%       |
| <b>Delivery Mode</b>                                     | <b># Groups</b> | <b>%</b> |
| 4-H Club Membership                                      | 1,303           | 7%       |
| 4-H Special Interest/Short-Term Program                  | 3,154           | 17%      |
| 4-H Camping Programs                                     | 198             | 1%       |
| School Enrichment Programs                               | 12,387          | 68%      |
| After-School Programs Using 4-H Curricula/Staff Training | 1,113           | 6%       |
| Instructional TV/Video/Web Programs                      | 2               | 0%       |

**YOUTH IMPACT DATA**

| <b>Youth Impact Indicators</b>                                 | <b># Responded</b> | <b>% Improvement</b> |
|----------------------------------------------------------------|--------------------|----------------------|
| Now eat a variety of food                                      | 130,771            | 59%                  |
| Increased their knowledge of the essentials of human nutrition | 163,014            | 63%                  |
| Increased their ability to select low-cost, nutritious foods   | 133,999            | 56%                  |
| Improved their practices in food preparation and safety        | 126,427            | 55%                  |

## STAFF DATA

| Staff Type        | Youth FTE    | % Youth    | Adult FTE    | % Adult    | Total Staff   | Total FTE     |
|-------------------|--------------|------------|--------------|------------|---------------|---------------|
| Professionals     | 39.5         | 33%        | 79.9         | 67%        | 588           | 119.4         |
| Paraprofessionals | 272.8        | 27%        | 728.1        | 73%        | 1,705         | 1000.9        |
| Volunteers        | 154.2        | 54%        | 133.6        | 46%        | 29,207        | 287.8         |
| <b>Total</b>      | <b>466.5</b> | <b>33%</b> | <b>941.5</b> | <b>67%</b> | <b>31,500</b> | <b>1408.1</b> |

| Race and Ethnicity                        | Not Hispanic/<br>Not Latino |            | Hispanic or<br>Latino |            | Ethnicity Not<br>Provided |           | Totals        |             |
|-------------------------------------------|-----------------------------|------------|-----------------------|------------|---------------------------|-----------|---------------|-------------|
|                                           | #                           | %          | #                     | %          | #                         | %         | #             | %           |
| White                                     | 15,269                      | 48%        | 4,175                 | 13%        | 538                       | 2%        | 19,982        | 63%         |
| African American                          | 7,368                       | 23%        | 173                   | 1%         | 373                       | 1%        | 7,914         | 25%         |
| American Indian or Alaska Native          | 215                         | 1%         | 117                   | 0%         | 24                        | 0%        | 356           | 1%          |
| Asian                                     | 318                         | 1%         | 9                     | 0%         | 17                        | 0%        | 344           | 1%          |
| Native Hawaiian or Other Pacific Islander | 164                         | 1%         | 12                    | 0%         | 49                        | 0%        | 225           | 1%          |
| Multiple Races Identified                 | 131                         | 0%         | 70                    | 0%         | 7                         | 0%        | 208           | 1%          |
| Race Not Provided                         | 96                          | 0%         | 1,813                 | 6%         | 562                       | 2%        | 2,471         | 8%          |
| <b>TOTAL</b>                              | <b>23,561</b>               | <b>75%</b> | <b>6,369</b>          | <b>20%</b> | <b>1,570</b>              | <b>5%</b> | <b>31,500</b> | <b>100%</b> |

Note: Percentages are rounded values so the sum of the individual percentages may not add up exactly to the totals.

| Volunteer Roles      | #      | %   |
|----------------------|--------|-----|
| Instructs            | 10,060 | 34% |
| Advises              | 850    | 3%  |
| Educational Role     | 15,823 | 54% |
| Supports Programming | 20,735 | 71% |
| Mid-level Manager    | 1,849  | 6%  |

Note: Volunteers may have more than one role.

**% of Volunteers who are Former Participants:** 12% (n= 3,490)

## INTERAGENCY COOPERATION DATA

**% of Units Reporting:** 90% (n=858)

**% of WIC Offices Served:** 45% (n=778)

**% of SNAP Offices Served:** 50% (n=517)

**# Agreements and Coalitions:** 5,817

**Total Dollars:** \$12,367,760