

Maryland Expanded Food & Nutrition Education Program (EFNEP)

2019 Impacts: Prince George's County Youth Program



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



45%

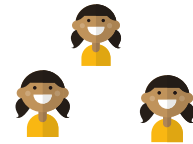
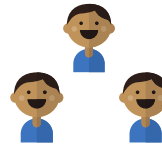
of children in Prince George's County are at risk for obesity & are currently overweight*.

EFNEP Educational Reach

843 youth in Prince George's County received nutrition education

47% boys

53% girls



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



Be Physically Active



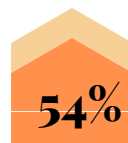
Choose Healthy Snacks

The Impact

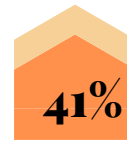
80%

Improved Dietary Practices

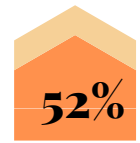
- By Increasing Fruit and Vegetable Intake
- By Choosing healthy Snack



Youth Improved Food Safety Practices



Youth Improved Food Resource Management Practices



Youth Improved Physical Activity Practices

UME EFNEP Prince George's County Contact Information

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For more information visit our website at: <https://extension.umd.edu/prince-georges-county/food-and-nutrition/expanded-food-and-nutrition-education-program-efnep>

Find us on  @efnepPrinceGeorges  @PGCountyEFNEP

 <https://www.youtube.com/channel/UChpNxq1Ej5ZxCUyMXmHWjzg/feature>