



## Contra Costa EFNEP: Improving health and nutritional well-being



Fifty three percent of Contra Costa County adults are overweight or obese. Annually, Contra Costa County loses \$1.3 billion dollars in healthcare and lost productivity costs due to overweight, obesity, and physical inactivity. EFNEP reduces this economic burden by promoting healthy eating and physical activity to those populations most disproportionately affected. Through a series of nutrition classes, EFNEP focuses on skills to plan tasty, cost-effective, and nutritious meals. Contra Costa EFNEP encourages parents and caregivers to be role models for their children.

### EFNEP supports those with the greatest need

#### EFNEP Participant Profile:

- 15% of adult participants had a 6<sup>th</sup> grade or less education.
- 18% of families had income levels at or below 50% of the poverty level.
- 83% of participants participated in one or more food assistance programs.
- 78% identified themselves as Hispanic or Latino.



### EFNEP makes a difference

#### In FY 2014-15, Contra Costa County EFNEP:

- Delivered nutrition education to **425 families**.
- Taught an average of **7 lessons** to each adult participant.
- Reached **1814 family members** indirectly.

#### Of the 320 adult program graduates:

- 88% improved at least one **nutrition practice**.
- 83% improved at least one **food resource management practice**.
- 60% showed improvement in one or more **food safety practices**.

*"I check labels now. I cook at home - try not to eat fast food. I use Santos' recipes and ideas. I workout with my family. I plan healthy meals (only healthy in the house). Use less salt and sugar. Thank you Santos for teaching me a healthy way of life."- Ujima graduate*

## EFNEP participants stretch their food dollar

*EFNEP participants practiced food budgeting techniques, such as planning meals ahead of time, using a grocery list, and comparing prices.*

- 40% of participants no longer run out of food at the end of the month.

## EFNEP saves money on health care costs

For every dollar spent on EFNEP, \$3 - \$17 dollars is saved in healthcare costs attributable to good nutrition and physical activity practices.

## EFNEP reduces the risk of chronic disease

*Daily exercise decreases the risk of overweight and obesity, cancer, and type 2 diabetes.*

- 29% of participants increased their physical activity practices.



*Reading nutrition labels is associated with eating a diet lower in fat. Individuals who eat diets low in fat have a reduced risk of developing chronic disease.*

- 53% of participants more often used the nutrition information on food labels to make food choices.

*Heart disease is the number one cause of death in the United States. Diets low in sodium improve cardiovascular health and reduce the risk of death from heart disease and stroke.*

- 48% of participants stopped adding salt to their foods.



*Reducing a child's consumption of sugar sweetened beverages is one factor that is associated with preventing childhood obesity.*

- 47% of parents reported that their children were consuming less sugary drinks.

*"I'm limiting drinking soda. I'm cooking healthier. I'm adding more fruit, whole wheat bread, and calcium in my children's lunch boxes."- West Contra Costa Adult Education graduate*



*"I am eating more vegetables, adding less sugar to my coffee, reading nutritional facts on the foods I eat. The biggest change has to be that I am trying to cook without adding salt to my food."- Meadow Homes Elementary graduate*



### References:

*The Economic Costs of Overweight, Obesity and Physical Inactivity Among California Adults- 2006.* California Center for Public Health Advocacy. [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org)  
*2015 County Nutrition and Food Insecurity Profiles.* California Food Policy Advocates. [www.cfpa.net](http://www.cfpa.net)