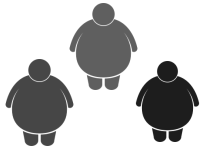


2019 Impacts: Prince Georges County Adult Program

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



70%
of PG County residents are obese, one of the highest rates in the State*.

EFNEP Educational Reach

389

adults in Prince Georges County received education



1,534

total of family members

The Impact

Changes In Adult Behaviors

80%

improved diet quality behaviors.

66%

improved food resource management.

57%

improved food safety behaviors.

58%

improved physical activity behaviors

Adults Showed Significant Improvements in Dietary Intake by



Increasing Dairy by **36%**



Increasing Protein by **55%**



Increasing Fruits & Vegetables by **33%**



Increasing Whole Grains by **31%**



53%

of EFNEP adult participants decreased their intake of solid fats and added sugars.

For every \$1 spent on EFNEP, \$10.64 is saved in healthcare costs. Families on an average saved \$13.9 per month in food costs.

UME EFNEP Prince Georges County Contact information

Supervisor
Dr. Kavitha Sankavaram
Office: 301-779-2806 X 700
301-314-2177
Email: kavitha@umd.edu


EFNEP Program Assistants
Ms. Ellen de Howard Perez
Email: edep@umd.edu
Ms. Carmenletta Fletcher
Email: cfletch6@umd.edu

Address
University of Maryland Extension
Center for Educational Partnership
6200, Sheridan St,
Riverdale, MD 20737

*Prince George's County Health Department. (2012). Prince George's County Health Improvement Plan 2011& 2014. Retrieved Jan 05, 2020 from <http://princegeorgescountymd.gov/etc>.

Find us on  @efnepPrinceGeorges

 @PGCountyEFNEP

 <https://www.youtube.com/channel/UC-HpNxq1EjSZxCUyMXmHWjzg/feature>

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