

# Maryland Expanded Food & Nutrition Education Program (EFNEP)

## 2018 Impacts: Prince Georges County

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



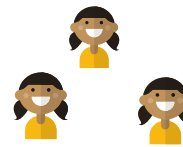
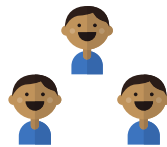
**45%** of children in Prince Georges County are at risk for obesity and are currently overweight.

### EFNEP Educational Reach

**913** youth in Prince Georges County received education

**49%** boys

**51%** 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



**73%**

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 Georges 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>