

WHO WE ARE

The **Purdue Extension Nutrition Education Program (NEP)** believes every Hoosier should have access to nutritious food and opportunities to exercise. Supporting our efforts are two U.S. Department of Agriculture (USDA) educational programs: the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

NEP celebrated substantial gains in 2023. Our Nutrition Education Program Advisors (NEPAs) delivered 12,299 lessons, 3,000 more than the previous year. Our Community Wellness Coordinators and their partners enhanced the health outcomes of 893,816 people - up from 512,493 in 2022.

We remain committed to making the healthy choice the easy choice where limited-resource Hoosiers live, eat, work, play and shop. Here are some of the ways we achieved that goal in 2023.

DIRECT EDUCATION



### EQUIPPING TEENS TO MAKE SMART CHOICES NOW AND LATER

With our Teen Cuisine program, **51% of our EFNEP participants** improved their food safety skills and **46% increased food resource management skills**. For these **Huntington County** teens, these new abilities proved invaluable at home.



### LEARNING SKILLS TO MANAGE TIME AND MONEY

These **Vanderburgh County residents** learned how to manage their resources during our Eating Smart and Moving More classes. **11% of our SNAP-Ed adult participants** reported a decrease in running out of food before the end of the month.



### A TASTE OF THE GOOD LIFE

**91% of our EFNEP youth participants**, like these sisters attending our CATCH classes in **Floyd County**, improved their ability to make healthier food choices. These girls learned fun tips for adding fruit to their diets.



**14,813**

YOUTH SERVED



**6,153**

ADULTS SERVED



**73% OF**

EFNEP ADULTS

INCREASED EXERCISE



**50% OF**

SNAP-ED ADULTS

IMPROVED DIET QUALITY



Learn more at  
**eatgathergo.org**

Thanks to invaluable partnerships in the education, public and private sectors, almost 894,000 SNAP-eligible community members had increased access to nutrition and physical activity. Those efforts included:

- 891 policy, system and environmental changes made through 427 initiatives.
- In collaboration with local partners, 278 jobs were created and 34 existing positions protected to support public health projects.

We also celebrated the 2023 **National Excellence in Extension Team Award** as part of the multi-state Growing Together project team honored by the USDA.



## HELPING COMMUNITIES FIND THEIR ROAD TO BETTER HEALTH

We worked with communities to enhance **21 physical activity facilities** and improve access to **nine exercise/recreational facilities**, like this bike library in **Daviess County**.



## GROWING TOGETHER PROJECT

As part of the multi-state Growing Together project, more than **33,808 pounds** (or **101,424 servings**) of produce were harvested and shared with **58 agencies** to be distributed to **22,520 Hoosiers**.



## FINDING BURIED TREASURE

CWCs like Debbie Mix (third from left) help communities tackle public health challenges. In **Pulaski County**, Debbie and her partners received more than **\$412,800 in external grants** last year to improve health outcomes.



**893,816**

**HOOSIERS SERVED**



**931**

**PARTNERSHIPS**



**278**

**JOBS CREATED**



*NEARLY*



**\$13.6 MILLION**


**IN GRANT FUNDS**

*acquired*

**WITH & FOR OUR PARTNERS**

## Connect with us

  Purdue Extension - Nutrition Education Program

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