



EFNEP SUPPORTS NUTRITION-INSECURE ADULTS

Challenges

- Nutrition insecurity is a significant health concern nationally and in Mississippi among low-income populations that disproportionately experience poor health.
- Nutrition insecurity is characterized by poor nutrition, financial constraints, limited food availability, and reliance on processed, low-cost food options; these conditions contribute to poor health outcomes.
- Diet-related diseases including cardiovascular disease, type 2 diabetes, and certain cancers are the leading source of poor health in the U.S.
- High blood pressure results in increased estimated annual medical costs of \$3,323 per person (2024).

EXTENSION RESPONSE

The Expanded Food and Nutrition Education Program (EFNEP) began in Mississippi in 1969 to demonstrate the positive effects that proper diet and physical activity can have on personal health.

- In 2024, 184 Mississippi adults from 16 counties completed the EFNEP program.
- Almost half of these adults reported increased fruit and vegetable intake. They also reported cooking dinner at home more often.
- In addition, over half of participants reported planning meals more often before shopping and making changes to be more active.
- The 2024 direct and indirect health benefits to participants from following the program's teachings is estimated to be **\$5,222**.
- In addition, volunteers contributed 413 hours to the program; we estimate that this resulted in **\$11,155** of direct impacts to Mississippi's economy.

ECONOMIC IMPACTS

- By following the program's advice, participants could save an estimated **\$1.1 million** in health-related costs. This savings would accrue primarily to low-income households in the state, and most of the savings would be spent on goods and services within the state.
- We estimate that savings by households plus spending by volunteers to carry out their tasks could result in an additional **\$337,148** in labor income, **\$722,203** in value-added, and **\$1.2 million** in output for the state.
- Local taxes could increase by **\$6,222** for municipal governments, **\$15,475** for local special districts (e.g., school districts), and **\$12,566** for county governments, for an estimated total increase of **\$34,263**.
- In addition, state taxes could increase by **\$75,526** and federal taxes by **\$107,886**.



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Drew Cole, PhD, Extension Specialist I,
Nutrition Education, and Interim Director,
Office of Nutrition Education

TAKING CARE OF WHAT MATTERS