



A healthy lifestyles, nutrition education curriculum for low income adults with young children.



Curriculum Highlights:

- ◆ Eight lessons, 60-90 minutes each
- ◆ Based on *Dietary Guidelines for Americans 2010* and MyPlate
- ◆ Teaching techniques based on *From Telling to Teaching: A Dialogue Approach to Adult Learning* by Dr. Joyce A. Norris
- ◆ Uses Adult Learning Theory and Social Cognitive Theory

Overview of Lessons:

Lesson 1: Get Moving! - Learn how to enjoy being active.

Lesson 2: Plan, Shop, \$ave - Learn how to plan and shop for meals/snacks that are healthy and within budget.

Lesson 3: Fruits & Veggies: Half Your Plate - Learn how to increase the intake of different kinds of vegetables and fruits daily.

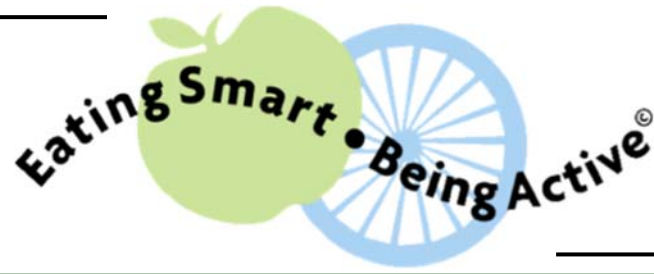
Lesson 4: Make Half Your Grains Whole - Learn how to choose some whole grains.

Lesson 5: Build Strong Bones - Learn how to get enough calcium or non-fat dairy foods or other foods high in calcium.

Lesson 6: Go Lean with Protein - Learn to choose lean protein foods and how to keep all food safe to eat.

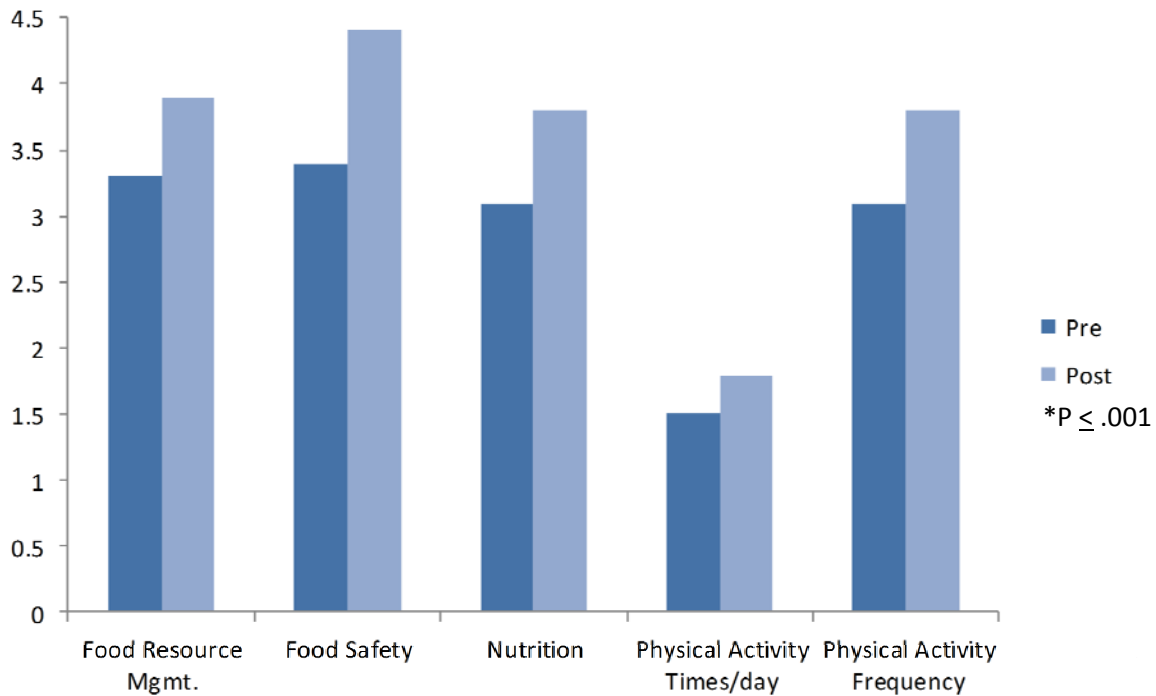
Lesson 7: Make a Change - Learn to set limits in food with high fat, sugar, and salt.

Lesson 8: Celebrate! Eat Smart and Be Active - Exchanging new knowledge and skills



Published Evidence-Based Research

Positive Behavior Changes from Pre to Post Implementation of 2,656 Adults in Multi-states - 1 “Never” to 5 “Almost Always”



“...reported behavior changes related to nutrition and physical activity items were significantly better with ESBA.”

“There was trend in toward improvement in [theory] tenets in each lesson.”

Auld, G., Baker, S., Conway, L. (2014). Outcome Effectiveness of the Widely Adopted EFNEP Curriculum Eating Smart Being Active. *JNEB*, 47(1): 19-27, doi: 10.1016/j.jneb.2014.07.001

Natker, E., Baker, S., Auld, G., McGirr, K., Sutherland, B., Cason, K. (2015). Formative Evaluation of EFNEP Curriculum: Ensuring the Eating Smart • Being Active Curriculum Is Theory-based. *Journal of Extension*. Retrieved from <https://www.joe.org/joe/2015february/rb1.php>