

NUTRITION EDUCATION PROGRAM 2024 IMPACT REPORT



Extension - Nutrition
Education Program

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).

In 2024, NEP touched the lives of more Hoosiers than ever before. NEP advisors taught **21,861** participants in 2024, almost 900 more than the previous year. Community wellness coordinators and their partners enhanced the health outcomes of **1,630,096** people, up from 893,816 in 2023, through a variety of innovative initiatives.

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 2024:

DUBOIS COUNTY

NEP and Tri-Cap invited local parents back to school. Calorita Food and Prep and the Dubois County Health Department offered two meal kits a week to those attending NEP nutrition classes. The opportunity offered parents a chance to learn how to create a nutritious meal and taste it prior to making it at home.



FULTON COUNTY

With 15% of Hispanic residents facing food insecurity, NEP, Purdue Extension and the Fulton County Community Foundation partnered with Compassionate Health Center to reach underserved families. Ten Hispanic families received nutrition education, food needed to improve health concerns and referrals to additional resources.

WASHINGTON COUNTY

Local health care agencies, health providers, NEP and Purdue Extension offered three Food Is Medicine programs during 2024. Funded by the Jean and Bernas Downing Charitable Trust, these programs reached 52 people.



14,813

YOUTH SERVED



6,153

ADULTS SERVED



90% OF EFNEP YOUTH

IMPROVED DIET QUALITY



38% OF SNAP-ED ADULTS

INCREASED STRENGTH
EXERCISES



Learn more at
eatgathergo.org

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NEP's community wellness coordinators are at the heart of the Food Is Medicine (FIM) movement across Indiana. These programs integrate nutrition education, access to healthy foods, and physical activity to address health concerns and improve overall well-being.

FIM programs increased by **25 percent** in 2024. In 2023, with the help of 49 partners, NEP reached 626 people through 22 FIM programs. A year later saw **55** partnerships reaching **7,204** people through **33** food-related initiatives!

In addition to helping families acquire more than **9,000** pounds in healthy food, community wellness coordinators helped to identify **\$168,530** in external grants to fund FIM programs.

That means 2024 saw more Hoosiers improving their health than ever before. Here's a look at some of those efforts:

ELKHART COUNTY

A partnership between the Center for Healing and Hope, Purdue Extension and NEP resulted in 75% of participants reporting improved blood sugar levels as a result of the program. After attending the four-week sessions, 90% of participants increased knowledge about diabetes management, including nutrition, portion control and physical activity.



LAWRENCE COUNTY

At Cambridge Square-Bedford, a senior-focused complex, more than 90% of the participants attended nutrition education classes. The program was so popular, another series of sessions is planned.



OHIO COUNTY

FIM programs have brought big changes to Indiana's smallest county. In addition to changing their lifestyles, Ohio County participants reteach the lessons to family and friends while sharing the healthier meals they learned to prepare in class.



MORE THAN

1.6
MILLION
HOOSIERS

ACCESS TO NUTRITION
& PHYSICAL ACTIVITY



852

PARTNERSHIPS



NEARLY

\$13.5
MILLION

IN EXTERNAL GRANT FUNDS

acquired

FOR OUR PARTNERS



474

PSE INITIATIVES

with

1,125

NUTRITION OR PHYSICAL
ACTIVITY CHANGES IMPLEMENTED

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Connect with us

  Purdue Extension - Nutrition Education Program

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