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Nutrition-Related Outcomes among Low-Income Adults Changing

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Nutrition education is an approach for improving low-income families' knowledge, skills, and self-efficacy in making appropriate food choices that satisfy their dietary needs and enhance their health. The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed) are two federally supported programmes that employ a variety of teaching tactics to help low-income Americans improve their eating habits and health. Both programmes focus on dietary practice and quality, food resource management (FRM), food safety, physical activity, and food security and are community-based and relationship-driven. Their target groups and programme delivery methods, however, differ.

The purpose of the Expanded Food and Nutrition Education Program, which began in 1968, was to break the relationship between poverty and poor nutrition. EFNEP's aims have changed throughout time in response to changes in government dietary guidelines and discoveries from evidence-based research. The program's efficacy is critical to achieving its aim of changing low-income Americans' food and nutrition-related behaviours. EFNEP has been shown to have favourable effects in previous research that analysed outcome effectiveness and did a cost-benefit analysis. In addition, a prior systematic review found that criteria such as intervention duration, objectives, adequate design, and the use of theories all contribute to the success of nutrition education programmes in general. Another systematic study looked at the influence of peer-led nutrition education on health outcomes and knowledge. A further evaluation showed more evidence of SNAP-favorable Ed's influence on participants' food security than on dietary outcomes. To the authors' knowledge, no systematic review has been published that focuses on the effectiveness of EFNEP in changing nutrition-related outcomes, such as food insecurity. Participation in a nutrition education programme leads to changes in nutrition-related outcomes, which are key indicators of the program's efficacy. As a result, this systematic review was carried out to see how successful EFNEP is in improving nutrition-related outcomes, which in this case include dietary intake, nutrition behaviours, and food security among adult participants.

The results of this review suggest that although participation in EFNEP may result in immediate improvement in nutrition-related outcomes, maintenance of these outcomes over a longer period, when measured, was generally poor. This review found wide variation in program characteristics, outcome measurements, and in many cases, inadequate descriptions of methods and results. This may be part of the reason why when comparing these

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studies, there is no evidence of associations between nutrition-related outcome change and the mode of delivery/instruction method, recruitment method, or reporting the theory used in interventions. However, the results suggest that intervention duration and curricula with specific objectives are important program components for behavior change. The findings of this analysis reveal that, while participation in the EFNEP may result in immediate improvements in nutrition-related outcomes, long-term maintenance of these outcomes is often poor. This study discovered a wide range of programme features, outcome measures, and, in many cases, insufficient procedures and outcomes explanations.

This might explain why there is no evidence of relationships between nutrition-related outcome change and the mode of delivery/instruction technique, recruiting method, or reporting the theory utilised in treatments when comparing these research. The findings do, however, show that intervention time and curriculum with particular goals are key programme components for behaviour modification. This study recommends a strategy for the development and execution of the EFNEP programme in the future. It also teaches nutrition education research about the need of using a mix of robust and consistent assessment measures as well as a real control group. EFNEP is now implementing a new behaviour checklist across the country, which has the potential to produce higher-quality behavioural outcome data. 54 Furthermore, the Automated Self-Administered 24-Hour Dietary Assessment Tool offers the possibility of a systematic evaluation of dietary quality change among EFNEP participants. 55,56 Complete reporting, consistent data collecting, coding processes, or other technologies tested against industry-standard measurements would strengthen the evidence in future investigations. The incorporation of health-related outcomes such as body mass index will further enrich the literature.