

# PARTNER WITH US IN A RESEARCH STUDY!



## A COST-BENEFIT RESEARCH STUDY OF EFNEP UTILIZING BIOMARKERS OF CHRONIC DISEASE RISK

We are looking for agencies to partner with us for a research study to determine the cost-benefit of EFNEP utilizing biomarkers of chronic disease risk.

**What is EFNEP?** The Expanded Food and Nutrition Education Program (EFNEP) is the nation's first nutrition education program for low-income populations. This Federal Extension (community outreach) program provides nutrition education to reduce nutrition insecurity of low-income families and youth.

**What is a biomarker?** A biomarker is an objective indication of medical state observed from outside the patient – which can be measured accurately and reproducibly. Biomarkers include height, weight, blood pressure, and blood glucose (sugar).

**What is chronic disease?** Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases include heart disease, cancer, and diabetes.

### WHAT WE NEED FROM YOU

- Recruit participants
- Room large enough for 12 individuals for data collection of surveys and biomarkers
- 4 dates over 14 months
- 2 hours each day

### PARTICIPANT BENEFITS

- Up to \$140 cash
- Health data at 3 time points: height, weight, blood pressure, blood sugar

### CONTACT US AT:

Brigid McDonnell  
EFNEP Supervisor  
(720) 255-7358  
Brigid.McDonnell@colostate.edu

### WHAT WE WILL DO

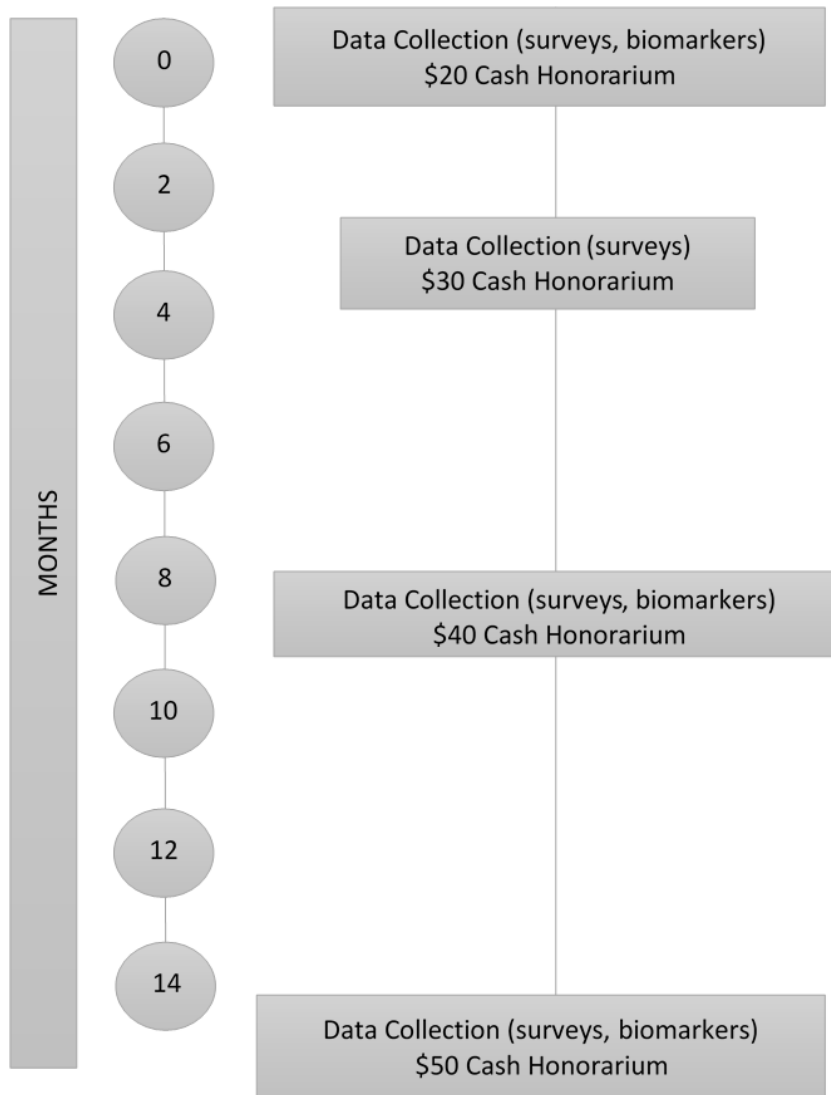
- Recruit participants
- Administer surveys to participants
- Measure participants' height, weight, blood pressure, and blood sugar (with a finger stick)
- Offer EFNEP classes at a later date

## Participants receive personal health data

AND CASH HONORARIUM AT  
EACH VISIT

## STUDY TIMELINE

C



## LONG-TERM STUDY GOAL

According to the CDC, 60% of US adults have a diagnosed chronic disease. This indicates the need for focused efforts to change modifiable risk factors including diet and exercise.

The Expanded Food and Nutrition Education Program (EFNEP) aims to prevent chronic diseases by educating and encouraging vulnerable populations to adopt a healthy diet and physical activity. The long-term goal of this project is to assess whether EFNEP is a cost-effective nutrition education intervention that generates sustained improvement in chronic disease biomarkers.

Project results will expand the EFNEP knowledge-base, allowing for program content and delivery modifications that maximize the impact of taxpayer dollars allocated to chronic disease prevention.