Local governments in Florida face increased challenges providing health care services for lower-income and homeless populations. UF/IFAS Extension offers a variety of programs and services to help local governments and agencies deliver education on disease prevention, nutrition, food security, and food safety. This informational sheet highlights UF/IFAS Extension healthy living programs targeted to lower-income and homeless populations. All programs can be condensed, simplified, and/or modified to fit county needs and/or low literacy, Spanish-speaking and other audiences. While all programs are not present in all counties we can assist in bridging that gap.

**Cholesterol Control:** This program is designed to reduce risk of cardiovascular disease among blue-collar workers and other persons at high-risk. Lessons focus on risk factors, healthful eating at home and away from home, exercise and physical activity, and stress management.

**Keeping the Pressure Down (KPD):** This program helps persons at risk for high blood pressure and those who already have this condition make healthy lifestyle choices to lower their blood pressure and reduce their health risks. Topics covered include risk assessment, physical activity, healthy eating, decoding food labels, recipe reform, stress management, and eating sensibly.

**Take Charge of Your Diabetes (TCYD):** This program, implemented in collaboration with local health professionals, is targeted to adults with type 2 diabetes. Participants receive the information and motivation they need to adopt positive lifestyle changes. The program has been successful in helping participants improve blood glucose control, which reduces their long-term health risks.

**National Diabetes Prevention Program (NDPP):** NDPP was designed by the Centers for Disease Control and Prevention to reduce diabetes among persons at high-risk. It includes 16 weekly sessions followed by six monthly sessions, focused on healthy eating, physical activity, stress reduction, and social support, with a primary goal of losing 5-7% of body weight.

**Elder Nutrition and Food Safety (ENAFS):** ENAFS is an educational program that addresses nutrition, food safety, and health issues important to the lives of older adults. The modules incorporate interactive lessons with hands-on activities and consumer handouts to help older adults learn about their unique nutritional needs and provide tips for healthy eating and living.

**Expanded Food and Nutrition Education Program (EFNEP):** EFNEP helps to enhance the quality of nutrition for low income individuals and families by increasing knowledge of nutrition, food buying, and food safety. EFNEP helps save on health care costs by the potential delay/avoidance of chronic diseases and conditions as a result of participants adopting optimal food, nutrition and lifestyle behaviors such as increasing fruit and vegetable intake, decreasing salt intake, improving food safety, and being more active.

**Family Nutrition Program (FNP):** FNP is the Florida component of the USDA’s Supplemental Nutrition Assistance Program (SNAP) Education. The goal of FNP is to reduce the risk of chronic disease, health complications, and food borne illness and increase food security among SNAP participants and SNAP eligible Florida residents by providing practical programming about making healthful food choices, balancing food and physical activity, keeping food safe to eat, and food shopping on a budget.