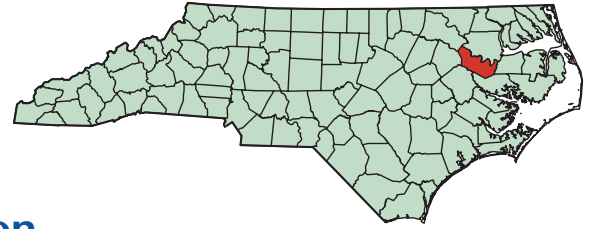




# EFNEP

EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2012 NC Cooperative Extension Martin County Report

### 67 families participated in EFNEP

- 21% of EFNEP participants were also WIC participants.
- 58% of EFNEP participants enrolled in one or more food assistance programs.

### EFNEP Makes a Real Difference for Limited Resource Adults

- 74% improved in one or more food safety practices
- 92% improved in one or more nutrition practices
- 79% improved in one or more food resource management practices
- 34% of participants increased the amount of daily physical activity
- 97% of participants improved their diet
- 25% drank fewer sugar-sweetened beverages
- 32% increased number of weekly meals eaten together as a family

### EFNEP Makes a Real Difference for 581 Limited Resource Youth

- 83% increased variety of foods in their diet
- 91% increased their knowledge of human nutrition
- 99% increased their ability to select low-cost, nutritious foods
- 52% improved practices in food preparation and safety



### What Is EFNEP?

EFNEP serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population.

Using “hands-on” experiences, participants are taught to: make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2012, North Carolina EFNEP served 57 counties.

### Chronic Disease in North Carolina: A Growing Problem

When compared to other states, North Carolina ranks poorly in health. In 2009, *North Carolina stood 37th among the 50 states for overall health.*<sup>1</sup> The state ranks low in many health indicators, including obesity prevalence (41st), premature death (40th), and cancer death rates (35th). *Fewer adults in North Carolina are physically active and more are obese* when compared to national averages.<sup>2</sup>

Especially concerning is that low income, non-white populations are disproportionately affected by these indicators. In North Carolina, 42.4% of non-Hispanic blacks are obese, compared to 26.7% of non-Hispanic whites. In addition, 15.3% of non-Hispanic blacks have diabetes, compared to 8.4% of non-Hispanic whites and 4.9% of Hispanics.<sup>3</sup>

#### References

1. United Health Foundation. America’s health rankings: North Carolina. America’s Health Rankings website. <http://www.americashealthrankings.org/yearcompare/2008/2009/NC.aspx>
2. Ibid.
3. Young, L.A., & Potru, P. (2012) Diabetes in North Carolina: Descriptive epidemiology and meaningful use of electronic health records. *NC Med J*, 72(5): 383-386.

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