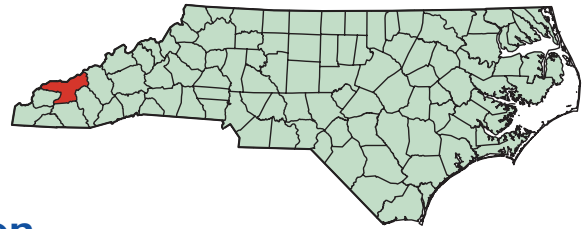


# EFNEP

EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2012 NC Cooperative Extension Swain County Report

### EFNEP Makes a Real Difference for **75 Limited Resource Youth**

- 76%** increased variety of foods in their diet
- 83%** increased their knowledge of human nutrition
- 96%** increased their ability to select low-cost, nutritious foods
- 31%** 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.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.