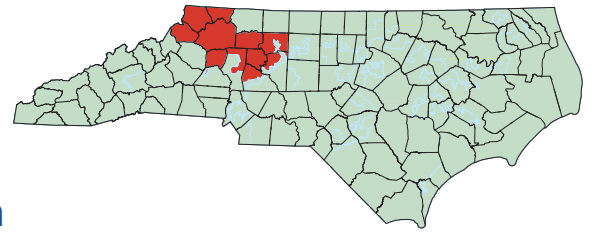


# EFNEP

EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2013 NC Cooperative Extension Congressional District 5 Report

Serving Ashe and Forsyth counties

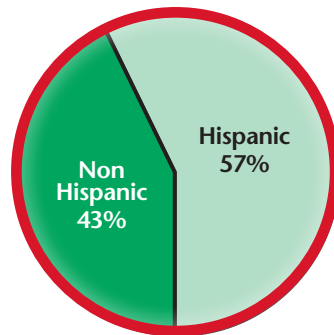
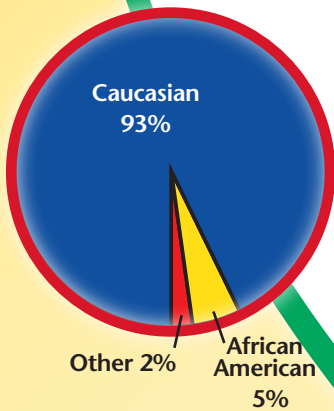
### Food Insecurity, Chronic Disease and Economic Implications for North Carolina

Food insecurity and chronic disease affect both the health of our population and our economy. Children living in food insecure households are at greater risk of developmental and academic problems as well as nutritional deficiencies and nutrition-related illnesses. Addressing this issue in North Carolina is essential to the preparation of our future workforce and economic growth in our state. The challenges are great.

Between 2008 and 2012, North Carolina saw a rise from 22% to 24% in the number of working low-income families with children. This 2% increase

accounts for 27,000 additional families with children earning incomes at or below the poverty level. During the same time frame, the number of children living in poverty in North Carolina increased from 20% to 26%.<sup>1</sup>

When compared to other states, North Carolina ranks poorly in health. 29.6% of adults in North Carolina are obese. What is even more alarming is that 15.4% of 2-4-year olds living in North Carolina are obese, making our children the 7th most obese in the nation. Additionally, North Carolina has the 18th highest rate of diabetes and the 17th highest rate of hypertension.<sup>2</sup>



### District 5 EFNEP Reaches Diverse Audiences

In 2013,

- 150 families enrolled in EFNEP  
—50 of these are pregnant or parenting teens
- 829 participated in 4-H EFNEP
- 40% of EFNEP participants were also WIC participants
- 70% of EFNEP participants enrolled in one or more food assistance programs.

### 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 2013, North Carolina EFNEP served 50 counties.



*The district 5 EFNEP programs obtained over \$18,561 in funding and support from local efforts.*

# Supporting North Carolina's Families with Greatest Needs Since 1969

Changing behavior can be very challenging for anyone because diet and lifestyle are greatly influenced by a person's culture, physical environment, and social networks. These challenges are often compounded for limited resource families because of constrained budgets.

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, physical activity strategies, and shopping on a limited budget. This program improves the lives of each of these families with positive changes they have made by reducing their risk of obesity related illnesses and supporting healthy lifestyles.

## Volunteers Strengthen EFNEP

In 2013, 107 adults and youth donated 1,920 hours on behalf of EFNEP. At a rate of \$22.14 per hour, this is equivalent to a savings of \$42,509. Volunteers make a difference in their own communities and contribute to EFNEP's ongoing success.



### References

1. Population Reference Bureau, analysis of data from the U.S. Census Bureau, 2008–2012 American Community Survey. Population Reference Bureau, analysis of data from the U.S. Census Bureau, Census 2000 Supplementary Survey, 2001 Supplementary Survey, 2002 through 2012 American Community Survey.
2. Trust for America's Health and Robert Wood Johnson Foundation. *F as in Fat: How Obesity Threatens America's Future* [PDF]. Washington, D.C.: 2013.

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.

## EFNEP Makes a Real Difference for Limited Resource Adults

Parents completing the series of lessons improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 82% improved in one or more food safety practices
- 91% improved in one or more nutrition practices
- 96% improved in one or more food resource management practices
- 68% of participants increased the amount of daily physical activity
- 100% of participants improved their diet
  - 66% increased fruit consumption
  - 72% increased vegetable consumption
  - 55% increased consumption of calcium-rich foods

## EFNEP Makes a Real Difference for Limited Resource Youth

Through a series of classes, 4-H EFNEP youth (grades K-12), learn basic nutrition, the importance of daily physical activity, how to make healthy food choices, and food safety in preparation and storage. Additionally, youth (grades 9-12), learn life skills of food resource management and preparation. An analysis of pre and post measures of knowledge gained and changed behavior shows the following improvement in one or more of these core areas:

- 93% of children in grades K-2
- 88% of children, grades 3-5
- 99% of youth, grades 6-8

## EFNEP Makes a Real Difference for Limited Resource Pregnant Teens

EFNEP encourages pregnant teens to make healthy food choices, seek professional prenatal care, and achieve their educational goals. Pregnant teenagers that take part in our hands-on program use the knowledge they gain to make positive choices in their diet, which results in reduced risk of low-birth-weight infants. Society at large benefits from reduced infant mortality, lowered health care cost and the increased economic stability of families. As a result of participation in EFNEP:

- 100% of pregnant teens improved food safety practices
- 100% improved their diet
  - 70% increased fruit consumption
  - 72% increased vegetable consumption
  - 88% increased consumption of calcium-rich foods

