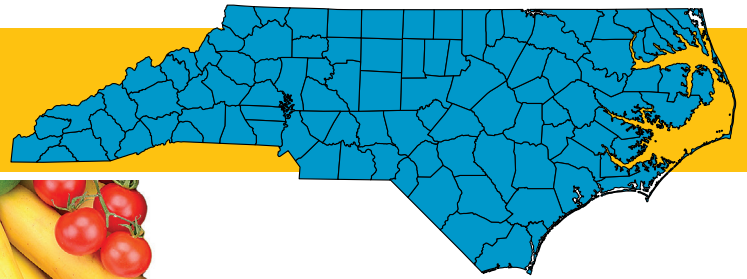




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension North Carolina Annual Report

North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **30%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **7th** most obese state.
- North Carolina has the **18th** highest rate of diabetes and the **11th** highest rate of hypertension.

Supporting North Carolina's Families with Greatest Needs Since 1969

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. EFNEP provides:

- Peer-to-peer, hands-on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



North Carolina EFNEP Reaches Diverse Audiences

In 2016: **3,088** families enrolled in EFNEP
20,922 participated in 4-H EFNEP
88% 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. In 2016, EFNEP served 45 counties in North Carolina. Participants learned how to:

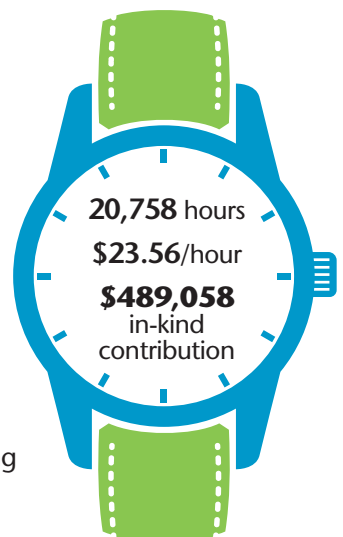
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference

- 97%** of EFNEP participants improved dietary intake.
- 50%** now practice daily physical activity.
- 90%** practice better food resource management.
- 76%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **1,600** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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North Carolina EFNEP programs obtained over

\$414,345

in funding and support from local efforts.

EFNEP SUCCESS



Children Take Action Against Hunger

During a recent fourth grade lesson, EFNEP led a discussion about the incidence of hunger. During this discussion, students talked about area programs and other resources that could be accessed if someone needed nutritious food. The children also brainstormed ways they could help people in their community that were hungry. Many students reported back that because of what they had learned while participating in EFNEP they were eating breakfast more frequently by taking advantage of the free breakfast program. Some students reported having more food at home because their families had taken advantage of the food resources discussed in class. Other fourth graders reported volunteering at the soup kitchen as a result of the discussion. One child started his own food drive to help Transylvania children. Although hunger from being food insecure is a difficult subject to talk about at any age, EFNEP successfully facilitated a discussion that empowered fourth grade students to reduce food insecurity for themselves and other members of their community.



Participant Reduces Risk of Diabetes After EFNEP

Within six weeks of implementing changes learned through EFNEP, a pre-diabetic participant began seeing a noticeable improvement in her health. Her blood sugar levels had returned to normal. They went from 140mg/dl before, to 121 mg/dl after practicing the healthy lifestyle behaviors EFNEP taught. She also lost weight—six pounds! She noticed her energy level had increased. She credited EFNEP for her feeling better physically and, in turn, raising her self-esteem to a level where she confidently applied for and accepted a part-time job. Now she continues to practice healthy lifestyle behaviors by participating in a walking group at work and practicing the MyPlate concepts learned in EFNEP when preparing meals at home. Her fear of becoming diabetic has been greatly reduced because of EFNEP.



Couple Makes Changes in Food Safety Practices

During one EFNEP lesson, a couple admitted having arguments about the husband's grilling practices. Having missed the food safety lesson, he had not been introduced to the health risks involved with some of the food handling practices they had been using. Unsafe habits he had learned from his father were to thaw meat on the counter, use the same cutting board for prepping both the meat and vegetables, and use the same plate to carry the raw meat to the grill and cooked meat back to the kitchen. When his wife tried to explain the possible health dangers related to those behaviors, they argued. At the next lesson, he asked EFNEP to review the food safety concepts previously discussed. He realized his wife had been correct and knowing how the consequences could affect their children was enough for him to make the changes needed. By the end of the EFNEP series, the couple reported they were working together to store and prepare foods properly at home.



Group Learns Strategies for Daily Physical Activity

The Expanded Food and Nutrition Education Program (EFNEP) working through Wayne County Cooperative Extension partnered with Young Families Connect, a program coordinated through the Wayne County Health Department. A pre-food behavior survey revealed the need to help participants increase their daily physical activity. During the "Choosing to Move More Throughout the Day" lesson, many of the participants stated they wanted ideas for ways to be more active throughout the day. Throughout the lesson, the Program Assistant taught simple strategies to be active and encouraged participants to use the *Walk Indoors by Leslie Sansone* DVD provided to participants as a take-home skill-builder. Several members of the class stated they have now starting incorporating the ideas. One mother shared that she is now walking in her neighborhood at least four days a week to increase her activity.



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