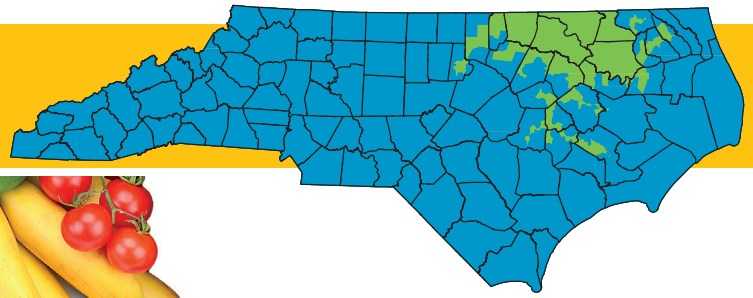




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



# 2016 NC Cooperative Extension Congressional District 1 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



## EFNEP Reaches Diverse Audiences in District 1

In 2016: **769** families enrolled in EFNEP  
**5,398** participated in 4-H EFNEP  
**93%** 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 in District 1

 **97%** of EFNEP participants improved dietary intake.

 **55%** now practice daily physical activity.

 **89%** practice better food resource management.

 **83%** have improved their food safety habits.

## Volunteers Strengthen EFNEP

In 2016, **333** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



# 2016 NC Cooperative Extension Congressional District 1 Annual Report

Congressional District 1  
EFNEP programs obtained

# \$137,078

in funding and support  
from local efforts.

## EFNEP SUCCESS



One student proudly shared that he lost 15 pounds over the summer, moving him to a healthier weight, because of the recipes he received from participating in the EFNEP classes.



Following EFNEP, 75% of graduates followed the recommended practice of not thawing foods at room temperature, and as a result, are reducing their family's risk of foodborne illness.



## EFNEP Helps Mom Feed Her Family for Less

During a recent series of lessons held at Edgecombe Community College/GED program, a participant, a single mother of 4, shared during class: "I never clipped coupons before because I really did not see how it would help on my grocery bill! My three boys especially, eat a lot and it's hard to keep food in the house, so I decided after the *Shop: Get the Best for Less* lesson, I would give coupon clipping a try and compare prices. I am glad to be able to say that I have been able to buy more now with my coupon savings. I saved \$25.00 on last week's shopping trip and it allowed me to buy more meat and other staples for my family. Now, I always look for coupons in the grocery store, the newspaper, and in magazines. The EFNEP classes have encouraged me to try new ways to cook and prepare healthy meals at home. I am glad I decided to participate in classes. They have really helped me use my food dollars wisely!"



## Youth Get Active!

Seeing that students needed a little extra incentive to be active during recess, the EFNEP Program Assistant submitted a proposal and was awarded funding from the Roanoke Valley Community Health Initiative to provide jump ropes to each of the elementary children participating in EFNEP this past year. Jumping rope is a fun and effective way to exercise. With jump roping, your body burns more calories and gets a better workout than other cardiovascular physical activities. At completion of the lessons, 81% of participating youth showed improvement in their daily physical activity.

One group of first graders at Inborden Elementary incorporated jumping rope into their language arts and math. They wrote their own jump rope songs, counted and named fruits and vegetables as they jumped.



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