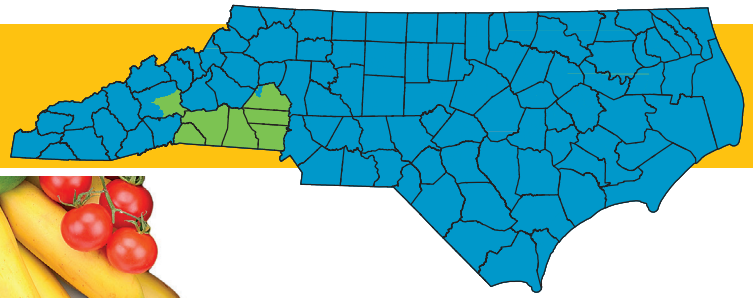




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 10 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 10


In 2016: **87** families enrolled in EFNEP
335 participated in 4-H EFNEP
73% 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 10

 **100%** of EFNEP participants improved dietary intake.

 **56%** now practice daily physical activity.

 **88%** practice better food resource management.

 **80%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **20** 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 10 Annual Report

Congressional District 10
EFNEP programs obtained

\$10,405

in funding and support
from local efforts.

EFNEP SUCCESS



\$ This past year 88% of EFNEP participants in the 10th Congressional District showed improvement in at least one food resource management skill and 59% of families reported that they less often ran out of food before the end of the month.

🥄 Through EFNEP's hands-on food preparation experiences and learning how to use the Nutrition Facts label, one participant reduced her salt and calorie intake, helping her shed 25 pounds and lower her blood pressure.



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. Habits he had learned from his father were to thaw the 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 the 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 food properly at home.



Children Learn Importance of Physical Activity

Through a series of classes provided by Cooperative Extension's 4-H EFNEP, first graders in Gaston County schools learned both the recommendations and the benefits of being physically active. Each lesson began with moving to "Alive with Five", a song written about MyPlate's five food groups. Most of the children were quick to join the EFNEP program assistant as she modeled movements to the music, however some were hesitant. As the lessons progressed, EFNEP used the "Alive with Five" activity to teach the children that moving was more than fun, it was also good for their health. By the end of the program, all of the children were participating in the physical activity movements during the class.

Research has shown the physical activity habits learned in childhood will stay with our children into adulthood. By teaching the benefits of and facilitating physical activities in each class, EFNEP is supporting the research and developing healthy habits in our children that will contribute to a lifetime of health and well-being.



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.



NC STATE UNIVERSITY



United States Department of Agriculture
National Institute of Food and Agriculture