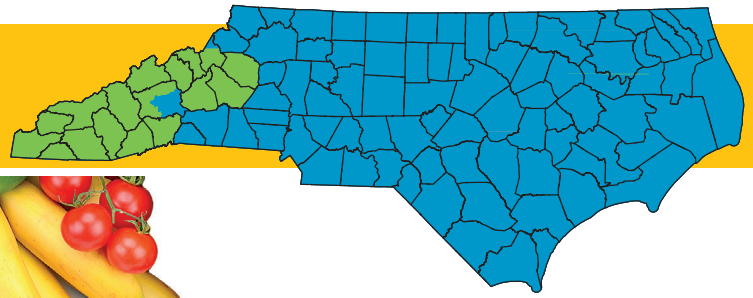




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 11 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 11

In 2016: **157** families enrolled in EFNEP
3,971 participated in 4-H EFNEP
82% 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 11



98% of EFNEP participants improved dietary intake.



56% now practice daily physical activity.



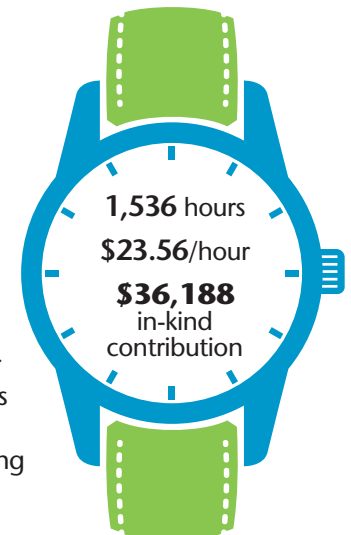
94% practice better food resource management.



79% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **268** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.




**Congressional District 1
EFNEP programs obtained**


\$68,972

**in funding and support
from local efforts.**

EFNEP SUCCESS



 Learning safe practices in food handling, storage, and preparation reduces the risk of food borne illnesses. For parents this means fewer lost days from work and for children, this means fewer lost days from school. In 2016, 79% of participants improved their food safety practices as a result of what they learned through EFNEP.

 Recently, EFNEP met with a McDowell County Head Start *Circle of Parents* group at a local elementary school. One participant shared that because of EFNEP, each member of her family was on the way to experiencing a healthy active lifestyle.



School Reevaluates Policy and Encourages Healthier Choices for Students

Following an EFNEP series, the school principal in one Mitchell County school shared several comments from teachers. One teacher said, “The kids are reevaluating their choices of healthy drinks. I overhear their discussions at break and lunch time.” Another admitted she was now more cognizant of the sugar in the drinks she enjoyed. But the most telling quote was from the principal himself. He wrote, “Our students are no longer consuming many of the unhealthy snacks and drinks at our school. After hearing the health concerns regarding our drink choices the school is currently reevaluating the policy that allows us to provide soda machines for the students on school property. We hope to encourage better food and drink choices in the future for the health of our kids.”



Discussion Helps Students Reduce Food Insecurity for Themselves and Community

During a recent fourth grade lesson, EFNEP talked about area programs and other resources that could be accessed if someone needed nutritious food. EFNEP asked the students to share the supplemental food programs they had discussed with their families and encouraged them to make a personal goal of using the programs to obtain healthy foods for their families if needed. 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 had successfully facilitated a discussion that empowered fourth grade students to reduce food insecurity for themselves and other members of their community.



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