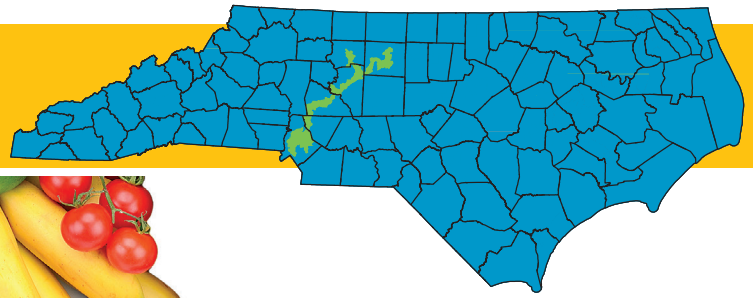




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 12 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 12

In 2016: **204** families enrolled in EFNEP
749 participated in 4-H EFNEP
91% 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 12



97% of EFNEP participants improved dietary intake.



60% now practice daily physical activity.



92% practice better food resource management.



85% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **60** 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 12 Annual Report


Congressional District 12
EFNEP programs obtained


\$16,001

in funding and support
from local efforts.

EFNEP SUCCESS



 Since partnering with EFNEP all young moms enrolled in *Table for Two* gave birth to healthy weight babies and all moms also initiated breastfeeding after giving birth!

 Engaging in daily physical activity is essential for good health and is a key behavior to prevent overweight and obesity. A review of the pre and post dietary recall data shows that 60% of participating adults increased their daily physical activity as a result of what they learned through EFNEP.

Participant Makes Changes to Keep Food Safe

One EFNEP graduate in Mecklenburg County stated that since attending the program she stopped defrosting meat on the kitchen counter. Instead, she now thaws it in a refrigerator where a thermometer ensures her that the temperature of her food stays below 40°. She feels thawing meat in this safe way has reduced bacterial growth and, in turn, the chances her children will experience a harmful foodborne illness.

EFNEP Participant Cuts Back on Sugar, Saves Money and More

The Forsyth County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with a local church to teach limited resource families to eat smart and move more in order to reduce their risks of chronic disease. The entry assessments showed that most of the participants drank at least one can of soft drink a day. One participant shared that she bought a case of soft drink every week. Her children also drank sugary beverages daily. The program assistant focused her lessons on reading food labels, portion sizes and making smart drink choices. As a result of EFNEP, the participant has learned the consequences of a high sugar diet and has stopped buying soda for her and her children. Instead, they are now drinking water. This has saved her at least \$20 a month since she no longer buys soda. Another positive side effect of removing soda from her diet is weight loss. It has been six months since the switch, and she has lost 6 pounds. She and her family are much happier and feel healthier without the extra sugar in their diet.



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