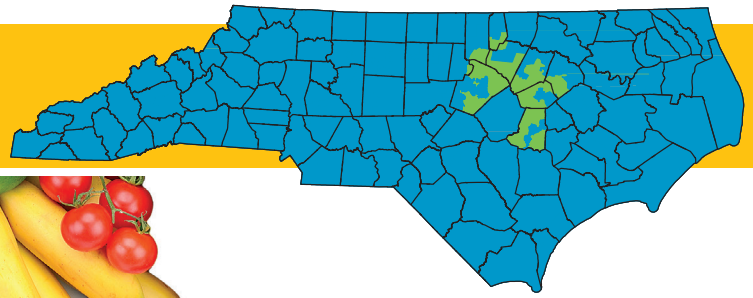




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 13 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 13



In 2016: **109** families enrolled in EFNEP
377 participated in 4-H EFNEP
71% 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:

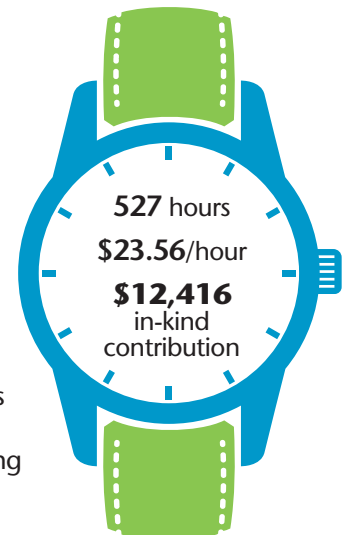
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in District 13

-  **95%** of EFNEP participants improved dietary intake.
-  **39%** now practice daily physical activity.
-  **92%** practice better food resource management.
-  **84%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **49** 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 13 Annual Report


**Congressional District 13
EFNEP programs obtained**


\$25,897

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

EFNEP SUCCESS



 One participant shared that the amount of Supplemental Nutrition Assistance Program (SNAP) benefits she was receiving to feed her family of seven was reduced by more than \$250 a month. She credits EFNEP with providing her with the knowledge and tools to help her stretch her benefits to continue to feed her family.

 Following EFNEP, 74% of graduates in the 13th Congressional District 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 Youth Learn to Cook with Fruits and Vegetables

The Expanded Food and Nutrition Education Program (EFNEP) operated through Wake County Cooperative Extension partnered with Passage Home, a community action agency, to teach the community about gardening and making healthy food choices.

While the Passage Home staff concentrated on gardening and fresh food access, the EFNEP program assistant worked with the children on choosing and preparing healthy foods. As a result of EFNEP, the children learned to identify fruits and vegetables and how to prepare them using EFNEP recipes. One child shared that he had never eaten fresh fruits or vegetables at home. But, after showing his mom how to prepare some of the recipes, they are now eating fruits and vegetables at least once a day. On weekends now, they tend to eat more because they always prepare a fruit smoothie for breakfast.



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 the least 4 days a week to increase her activity.



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