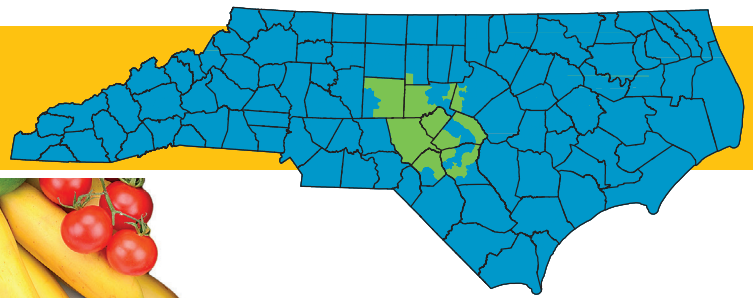




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 2 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 2

In 2016: **148** families enrolled in EFNEP
517 participated in 4-H EFNEP
63% 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 2



99% of EFNEP participants improved dietary intake.



40% now practice daily physical activity.



88% practice better food resource management.



65% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **80** 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 2 Annual Report

**Congressional District 2
EFNEP programs obtained**

\$2,577

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

EFNEP SUCCESS



\$ Participants learn that planning meals in advance is an essential skill for saving on the family food budget. In 2016, 69% of EFNEP graduates stated they now plan their meals in advance, resulting in a reported average cost savings per month of \$49.30.

🚶 In Wake County, youth participated in Zumba and line dance classes with their parents and engaged in active outdoor play as a part of a series of EFNEP classes. By the end of the series, 61% of participating youth showed improvement in their daily physical activity.



Youth Learn to Keep Food Safe

EFNEP teaches youth the Fight Bac food safety principles of Clean, Separate, Cook, and Chill as part of each lesson. Youth learn the relationship between food safety and good health and have the opportunity to apply knowledge and skills they learn through hands-on food activities. In Harnett County, 61% of the youth participating in EFNEP made positive changes in their food safety practices.



From Fast Food to Homemade

A Wake County EFNEP program participant expressed her concern that she may be at risk for developing high blood pressure. Her last physical showed her blood pressure was high. Since she raises her grandchildren, she shared the same concern for their health. The majority of the food she ate with her family came from the dollar menu at a nearby fast food restaurant. It was cheap and convenient. The EFNEP program assistant discussed the consequences of eating out especially on diet and food budgets. Using actual food labels and fast food nutrition facts, participants learned to identify nutrient amounts including sodium content. As a result of EFNEP, the participant began to prepare more meals at home. Rather than using additional salt in her recipes, she now uses herbs and spices. The participant, excited about what she has learned, taught her grandchildren to read food labels. And finally, during a recent check-up, her blood pressure had decreased.



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