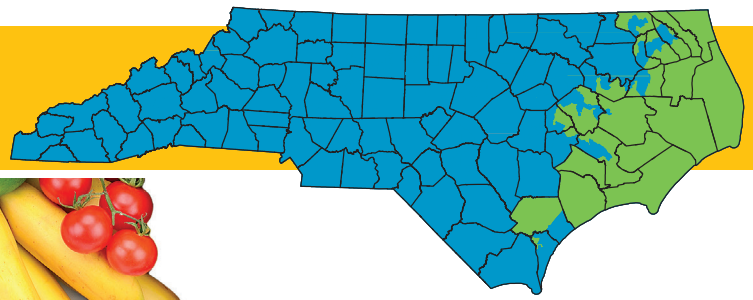




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 3 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 3

In 2016: **397** families enrolled in EFNEP
1,606 participated in 4-H EFNEP
98% 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 3

 **96%** of EFNEP participants improved dietary intake.

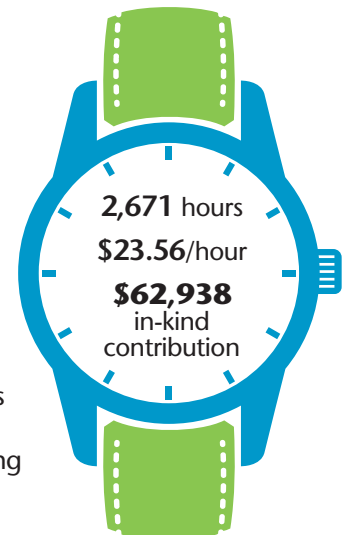
 **35%** now practice daily physical activity.

 **77%** practice better food resource management.

 **50%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **178** 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 3 Annual Report

**Congressional District 3
EFNEP programs obtained**

\$68,409

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

EFNEP SUCCESS



A review of the pre and post food behavior survey data for middle school youth shows that 73% improved their habits or behaviors related to physical activity.



After the lesson, the mother stated she would no longer dilute her daughter's whole milk and now understands the importance of healthy fats for her child's brain development.



Father Learns New Skills that Help with Family Goals

EFNEP in Camden County delivered a series of nutrition education classes to Head Start parents to teach hands-on, practical strategies for planning and preparing healthy meals for their families. One father stated he felt that he was "getting the correct information about nutrition and helpful ideas when it came to his family and home." He felt so strongly that he thought it would be beneficial for all Head Start participants to enroll in EFNEP classes. For his own family, EFNEP has had a tremendous impact. He has utilized the skill builders—measuring cups, measuring spoons, cutting board, and other kitchen tools—to make the EFNEP recipes at home. This has saved him time and money as the family eats more meals at home. He has even learned ways to have his daughter help in the kitchen. The program helped him with family goal setting, and the father shared this has helped him with family management. He now spends more time with his family and is planning to start college soon.



Students Learn Importance of Handwashing

During a series of lessons, the EFNEP Program Assistant conducted an experiment using GloGerm and a black light to prove that soap and water works the best to kill microbes. The students and the teacher participated. As a result of the demonstration, the learned that hand washing was more effective at removing germs than hand sanitizer. Instead of using hand sanitizer before snack, the students began asking their teacher if they could wash their hands. The teacher now encourages proper hand washing procedures.



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