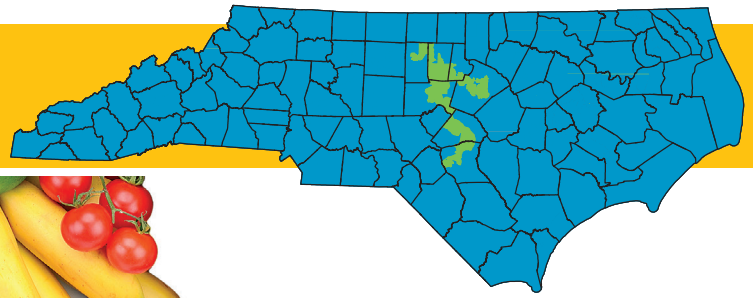




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 4 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 4

In 2016: **219** families enrolled in EFNEP
1,514 participated in 4-H EFNEP
84% 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 4



94% of EFNEP participants improved dietary intake.



48% now practice daily physical activity.



96% practice better food resource management.



84% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **72** 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 4 Annual Report


Congressional District 4
EFNEP programs obtained


\$40,851

in funding and support
from local efforts.

EFNEP SUCCESS



 They tend to eat more fruits because they always prepare a fruit smoothie for breakfast and they are saving money eating more meals at home.

 EFNEP teaches youth the Fight Bac food safety principles of Clean, Separate, Cook, and Chill as part of each lesson. In Harnett County, 61% of the youth participating in EFNEP made positive changes in their food safety practices.



Learning to Eat Healthy Brings Family Closer Together

The Expanded Food and Nutrition Education Program (EFNEP) through the NC Cooperative Extension in Orange County partnered with Cone Health Outreach Diabetes Prevention Program to teach nutrition education to limited resource families. The EFNEP program assistant taught participants strategies to move more, control their portions, read food labels and make smart drink choices. Participants used real food labels to learn how to select foods low in sugar, fat and sodium. They also prepared recipes that were easy, inexpensive, and low in calories and fat. As a result of the program, the group as a whole lost a total of 55 pounds. One participant shared that she did not want her children to grow up with diabetes and that inspired her to make changes. She and her children engaged in physical activity at least 30 minutes each day. While grocery shopping, she read food labels and only bought products that had no added sugars and were low in salt and fat. She prepared meals using EFNEP recipes, which also helped her save at least \$10 a week on food. And more importantly, she and her children have grown closer now that they play more and spend time eating meals as a family.



Youth Get Active!

EFNEP teaches youth the importance of daily physical activity. Throughout the six-lesson or more EFNEP series, youth participate in active play and movement activities that help them learn to enjoy being active. Engaging in daily physical activity is essential for good health and is a key behavior to prevent overweight and obesity in young children.



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info@ncefnep.net • www.ncefnep.org