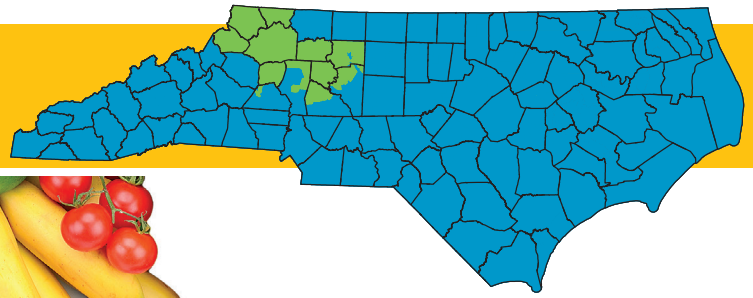




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Congressional District 5 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



**89%**  
Caucasian

**10%**  
African  
American

**1%**  
Other

**66%**  
Hispanic

**34%**  
Non  
Hispanic

### EFNEP Reaches Diverse Audiences in District 5

In 2016: **122** families enrolled in EFNEP  
**875** participated in 4-H EFNEP  
**95%** 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 5



**100%** of EFNEP participants improved dietary intake.



**92%** now practice daily physical activity.



**99%** practice better food resource management.



**95%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2016, **86** 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 5 Annual Report

Congressional District 5  
EFNEP programs obtained

# \$11,727

in funding and support  
from local efforts.

## EFNEP SUCCESS



**\$** As a result of EFNEP, one 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 and she has lost 6 pounds since she no longer buys soda.

**📢** EFNEP teaches youth the Fight Bac food safety principles of Clean, Separate, Cook, and Chill as part of each lesson. In 2016, 65% of the youth participating in EFNEP in the 5th Congressional District made positive changes in their food safety practices.



## Participants Decrease Sodium Intake Using New Skills

As a means of reducing high blood pressure and heart disease in Ashe County, Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) provided a series of nutrition education classes to families participating in Outreach Ministries' Garden Buddies Project. As a complement to their efforts of growing fruits and vegetables in a community garden, EFNEP taught the families about the nutrition contained in the produce grown and how to retain that nutrition through healthy food preparation methods. During each lesson, the families prepared one recipe containing an in-season fruit or vegetable from their garden. To emphasize the healthy benefits of reducing sodium in their diets, EFNEP taught the families how to substitute various herbs and seasonings for the salt called for in each recipe. Having learned to read the Nutrition Facts Label in EFNEP, they looked at the sodium content of foods they considered purchasing when grocery shopping. Because of their EFNEP experience, 100% of Ashe County's Garden Buddies families reported preparing foods without adding salt.



## Adults Adopt Daily Physical Activity as a Lifestyle!

EFNEP teaches families with young children the importance of daily physical activity. In each lesson of the EFNEP series, adults learn simple strategies to incorporate physical activity throughout their day. 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 for all adults in the 5th Congressional District shows that 91.86% of participating adults increased their daily physical activity as a result of what they learned through EFNEP.



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