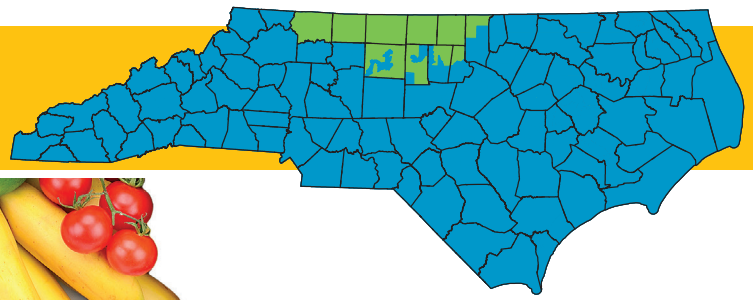




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Congressional District 6 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 6

In 2016: **195** families enrolled in EFNEP  
**460** participated in 4-H EFNEP  
**91%** 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 6

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

 **49%** now practice daily physical activity.

 **93%** practice better food resource management.

 **65%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2016, **88** 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 6 Annual Report

Congressional District 6  
EFNEP programs obtained

# \$31,480

in funding and support  
from local efforts.

## EFNEP SUCCESS



During one of their group discussions, a student shared that after each class, she talked to her parents about what she learned and did some of the activities with them. Now, they eat vegetables with their dinner.



Youth learn the relationship between handwashing and good health. In 2016, 79% of the participating EFNEP youth, kindergarten through second grade, improved their knowledge of handwashing. Teachers in participating schools reported that more children were washing their hands more frequently for longer periods of time and using soap and water.



## Participants Use Skills Learned in EFNEP to Stretch Food Dollars

As part of the EFNEP series, participants learn skills that help them provide healthy meals for their families throughout the month by most effectively utilizing their resources. Skills such as planning meals in advance, comparison shopping, shopping for nutrition and value, stretching resources, and eating more meals at home. As a result, 77% of EFNEP participants completing the program in Surry County reported they no longer ran out of food before the end of the month. By learning key skills to stretch their food dollar, these families are now more food secure.



## 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 6th Congressional District shows that 48.6% of participating adults increased their daily physical activity as a result of what they learned through EFNEP.



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