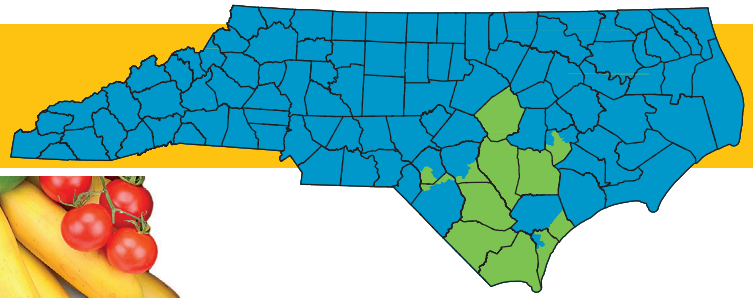




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 7 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 7

In 2016: **259** families enrolled in EFNEP
2,396 participated in 4-H EFNEP
75% 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 7



97% of EFNEP participants improved dietary intake.



45% now practice daily physical activity.



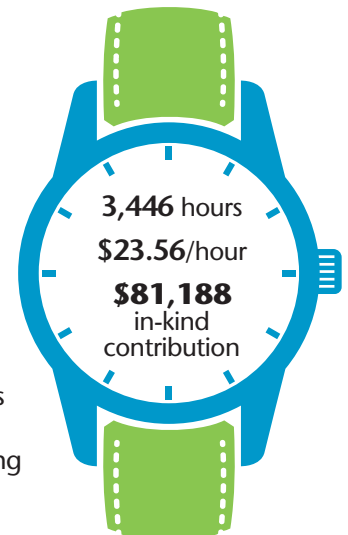
94% practice better food resource management.



80% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **165** 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 7 Annual Report

**Congressional District 7
EFNEP programs obtained**

\$74,055

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

EFNEP SUCCESS



\$ EFNEP teaches families how to manage their food resources including WIC, SNAP and cash to feed their families healthy meals throughout the month. This past year 94% of Brunswick County EFNEP participants showed improvement in at least one food resource management skill and 75% of families reported that they less often ran out of food before the end of the month.

🧼 After completing the handwashing lesson, teachers and staff reported back that they hear students in the bathroom singing the ABC song while scrubbing their hands.



Picky Eaters Choose Healthy Options and Reduce Food Waste at School

During an introductory lesson at Edgewood Elementary School in Columbus County, the 4-H EFNEP Program Assistant noticed that students were very picky eaters. Also, they reported not eating the fruits and vegetables provided in their school lunch. During the six-lesson series of EFNEP classes youth learned how to plan and prepare healthy meals and snacks based on the five basic food groups, read the nutrition facts labels found on food products to determine nutrient content, and use safe food handling practices. The lessons also included information about the health benefits of being physically active each day, and youth learn how to make a healthy recipe with each lesson. After completion of the series, 70% of the students stated they would eat the recipes again. Additionally, food waste was decreased during this same time with school cafeteria staff and teachers reporting they saw fewer of the healthy items (fruits, vegetables, milk) being thrown in the trash. As a result of EFNEP, this group of picky eaters began to try new foods and increased their consumption of healthier foods at school.



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 7th Congressional District shows that 45.15% of participating adults increased their daily physical activity as a result of what they learned through EFNEP.



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