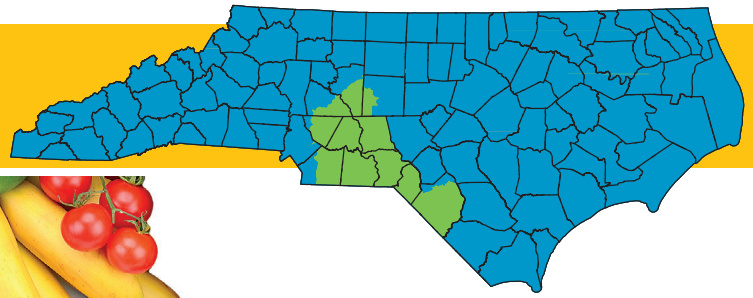




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 8 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 8


In 2016: **393** families enrolled in EFNEP
2,724 participated in 4-H EFNEP
94% 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 8

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

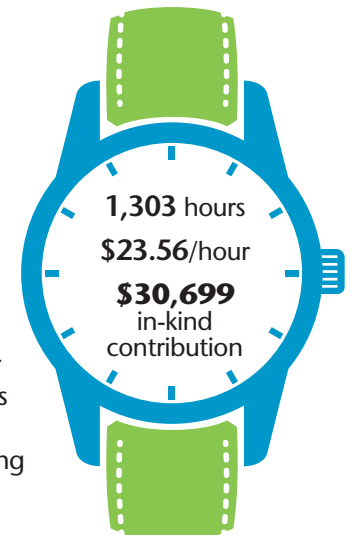
 **51%** now practice daily physical activity.

 **92%** practice better food resource management.

 **80%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **185** 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 8 Annual Report

**Congressional District 8
EFNEP programs obtained**

\$58,277

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

EFNEP SUCCESS



\$ She would often go to food pantries to get food so that she could feed her family. By the end of the EFNEP series, the young mother stated she is now saving money and has money left over at the end of the month.

📢 Many students admitted to not washing their hands throughout the day or before eating. 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.



Participant Reduces Risk of Diabetes After EFNEP

Within six weeks of implementing changes learned through EFNEP, a pre-diabetic participant in Union County began seeing a noticeable improvement in her health. Her blood sugar levels had returned to normal. They went from 140mg/dl before to 121 mg/dl after practicing the healthy lifestyle behaviors EFNEP taught. She also lost weight—6 pounds! She noticed her energy level had increased. She credited EFNEP for her feeling better physically and, in turn, raising her self-esteem to a level where she confidently applied for and accepted a part-time job. Now she continues to practice healthy lifestyle behaviors by participating in a walking group at work and practicing the MyPlate concepts learned in EFNEP when preparing meals at home. Her fear of becoming diabetic has been greatly reduced because of EFNEP.



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 8th Congressional District shows that 51% of participating adults increased their daily physical activity as a result of what they learned through EFNEP.



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