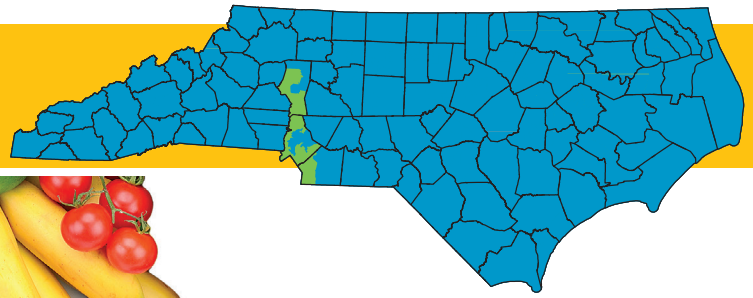




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Congressional District 9 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 9


In 2016: **29** families enrolled in EFNEP
90% 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 9

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

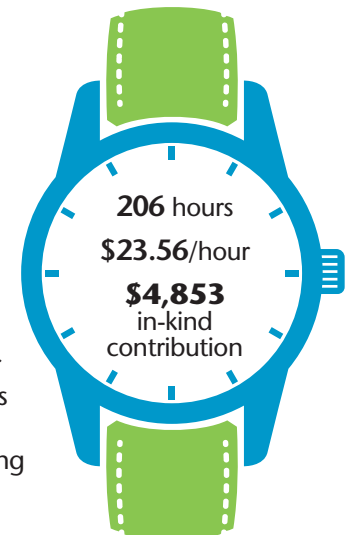
 **30%** now practice daily physical activity.

 **100%** practice better food resource management.

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

Volunteers Strengthen EFNEP

In 2016, **16** 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 9 Annual Report

**Congressional District 9
EFNEP programs obtained**

\$8,173

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

EFNEP SUCCESS



\$ In 2016, participants in this District saved an average of \$48.90 on their monthly grocery bill. As a result of putting each of these skills into practice in their home, 50% of participants reported being more food secure at program graduation.

📡 One EFNEP graduate in Mecklenburg County stated that since attending the program she stopped defrosting meat on the kitchen counter. Instead, she now thaws it in a refrigerator where a thermometer ensures her that the temperature of her food stays below 40°.



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.



Participants Maintain Increase in Physical Activity

EFNEP includes physical activity in each lesson of its 10-lesson series. Participants learn the importance of daily physical activity and they learn simple steps to help them incorporate aerobic, strength building, and stretching activities into their busy lifestyles. As a result, many participants make changes to improve their health. In 2016, 61% of EFNEP participants in this District reported an increase in daily physical activity.



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