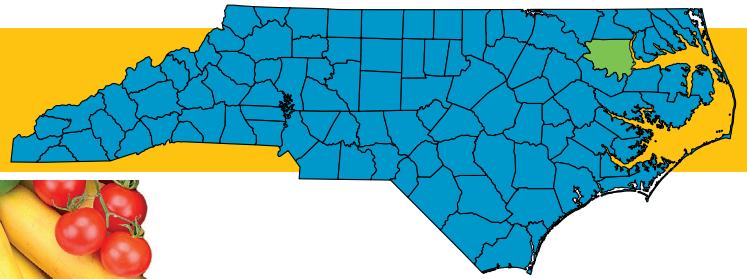




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Bertie County 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 Bertie County

In 2016: **80** families enrolled in EFNEP
762 participated in 4-H EFNEP
80% 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 Bertie County



95% of EFNEP participants improved dietary intake.



46% now practice daily physical activity.



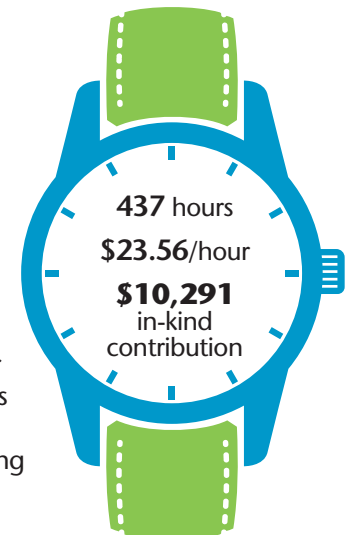
91% practice better food resource management.



71% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **51** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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Bertie County
EFNEP programs obtained

\$24,000

in funding and support
from local efforts.

EFNEP SUCCESS



95% of the participants made positive changes in at least one food group and 91% improved their food resource management skills



Young Moms Choose Low-Cost Healthy Option to Feed Their New Baby

The Expanded Food and Nutrition Education Program (EFNEP) in Bertie County partnered with Bertie High School to offer a series of lessons to a group comprised of pregnant and parenting moms. The nutrition education lessons include food safety, food resource management, and food preparation skills to help participants prepare simple, healthy foods for their growing families.

During the lessons, the young women asked for strategies to help stretch their food dollars. They expressed trouble in making their Women, Infants, and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP) dollars last until the end of the month. The teens also wanted ways to save money while balancing feeding their new families and being in school full-time in addition to working many hours each week.

The EFNEP Program Assistant reinforced the health benefits and cost-savings benefits of breastfeeding. As a result of the classes, two of the young women decided to continue breastfeeding and one, who was pregnant at the time, decided to breastfeed her new baby. Additionally, 95% of the participants made positive changes in at least one food group and 91% improved their food resource management skills such as planning meals in advance, shopping with a list, and not running out of food before the end of the month.



Youth Learn Lessons in Good Health

The Expanded Food and Nutrition Education Program (EFNEP) partnered with the schools to deliver a series of lessons that include creative recipes to increase consumption of dairy, fruits and vegetables, encourage healthier food choices, and provide fun ways to increase daily physical activity. The EFNEP Program Assistant taught the youth how the foods they eat for breakfast, lunch, and weekend take-home meals can fit within the USDA's Dietary Guidelines for Americans. They also discussed the importance of limiting portion sizes and ideas for healthy meals at home. As a result of the lessons, 94% of participating youth improved their abilities to choose foods according to USDA recommendations.

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