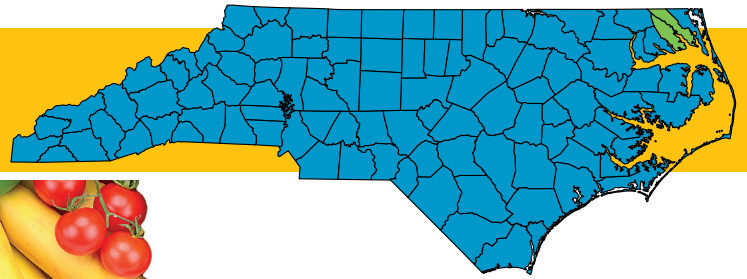




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Camden and Pasquotank Counties 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 Camden and Pasquotank Counties

In 2016: **142** families enrolled in EFNEP  
**97%** 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 Camden and Pasquotank Counties

 **99%** of EFNEP participants improved dietary intake.

 **38%** now practice daily physical activity.

 **91%** practice better food resource management.

 **79%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2016, **17** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



Camden and Pasquotank Counties  
EFNEP programs obtained

# \$12,537

in funding and support  
from local efforts.

## EFNEP SUCCESS



One father of a preschooler felt so strongly about the benefits of EFNEP that he thought it would be beneficial for all Head Start participants to enroll in the program.



### Father Learns New Skills that Help with Family Goals

The Expanded Food and Nutrition Education Program (EFNEP) operated through Cooperative Extension in Camden and Pasquotank counties has a strong partnership with the Elizabeth City Head Start Program. Head Start is a comprehensive preschool program designed to meet emotional, social, health, nutritional and psychological needs of three and four year olds and their families. EFNEP works with the parents of the young children to teach hands-on, practical strategies for planning and preparing healthy meals for their families.

One father stated that he enjoyed the classes. He felt that he was “getting the correct information about nutrition and helpful ideas when it came to his family and home.” He felt so strongly that he thought it would be beneficial for all Head Start participants to enroll in EFNEP classes.

For his own family, EFNEP has had a tremendous impact. He has utilized the skill builders—measuring cups, measuring spoons, cutting board, and other kitchen tools—to make the EFNEP recipes at home. He has even learned ways to have his daughter help in the kitchen. The partnership with Head Start has helped him with family goal setting, and the father shared this has helped him with family management. He now spends more time with his family and is planning to start college soon.



### Participant Cuts Sodium and Sugar Using EFNEP Recipes at Home

An EFNEP participant in an Elizabeth City Housing Authority class was hesitant to participate in the cooking activity at first. She stated, “When I saw the EFNEP Program Assistant with a can of black beans, I thought this class is not for me!” However, during that lesson, the participants learned how to make EFNEP’s Black Bean and Corn Salsa and use it as a flavorful topping for baked tilapia.

Upon tasting this new way of preparing it, the participant exclaimed, “this is the best fish I’ve ever tasted!” Additionally, she shared her excitement about learning how to prepare other recipes from the class at home. Following her participation in EFNEP, this participant has now reduced her use of salt and sugar in her cooking by using the recipes she learned in the class for family meals at home.

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