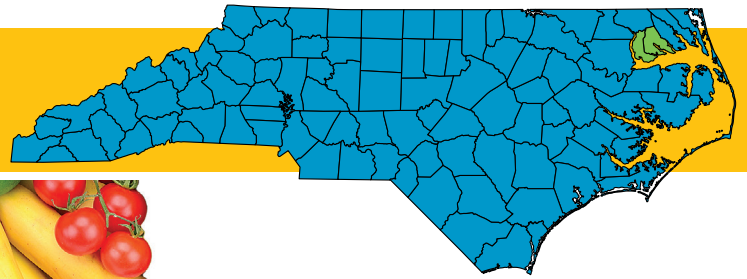




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Chowan and Perquimans 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 Chowan and Perquimans Counties


In 2016: **18** families enrolled in EFNEP  
**1,350** participated in 4-H EFNEP  
**100%** 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 Chowan and Perquimans Counties

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

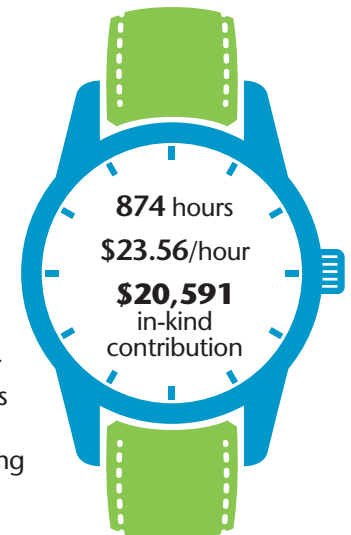
 **22%** now practice daily physical activity.

 **89%** practice better food resource management.

 **83%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2016, **73** 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 Chowan and Perquimans Counties Report

Chowan and Perquimans Counties  
EFNEP programs obtained

# \$18,824

in funding and support  
from local efforts.

## EFNEP SUCCESS



Head Start and EFNEP partnered together to help these fathers become more engaged in their children's education. During the EFNEP lessons, the fathers learned how to become the source of quick, simple recipes to serve their families.



### Fathers Learn to Be Nutrition Leaders for Their Families

The Expanded Food and Nutrition Education Program (EFNEP) operated through the Cooperative Extension in Perquimans County has a strong partnership with the 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.

In one recent series of EFNEP lessons, the class was comprised of fathers of young children. Head Start and EFNEP partnered together to help these fathers become more engaged in their children's education. During the EFNEP lessons, the fathers learned how to become the source of quick, simple recipes to serve their families.

Two sessions in particular, Smart-size Your Portions/Fix It Safe and Making Smart Drink Choices/Choosing More Fruits and Vegetables, had a strong impact on the attitudes of this group of fathers. They were surprised by the difference in amounts of foods they were serving to their children versus what the recommendations state. One father said "until I really saw it for myself, I didn't know the harm I was doing to my child's body by serving large portions."



### Young Student Takes Steps to Better Health

The Program Assistant with the Perquimans County 4-H Expanded Food and Nutrition Education Program (EFNEP) partnered with Hertford Grammar School and the physical education teacher to reach Grades 3 to 5. During the series of lessons, the program assistant learned that many of the youth had tried the recipes they were given with their families at home after each class. One student proudly shared that he lost 15 pounds over the summer, moving him to a healthier-weight, because of the recipes he received from participating in the EFNEP classes. The student stated that he changed his eating habits by reducing his portion sizes and choosing healthier options.

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