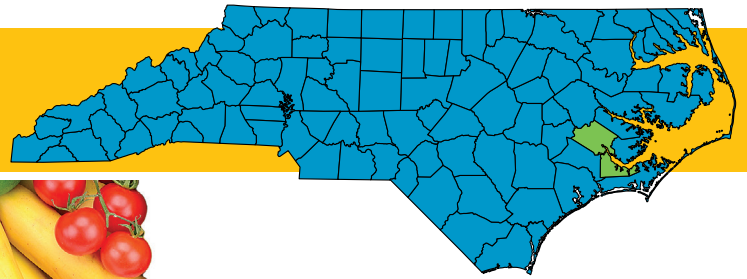




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Craven 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



In 2016: **1,047** youth participated in
4-H EFNEP in Craven county

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 Craven County



83% of EFNEP participants improved dietary intake.



42% now practice daily physical activity.



50% practice better food resource management.



51% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **33** 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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Craven County
EFNEP programs obtained

\$6,000

in funding and support
from local efforts.

EFNEP SUCCESS



As a result of the food safety lesson, students learned that hand washing was more effective at removing germs than hand sanitizer. Instead of using hand sanitizer before snack, the students began asking their teacher if they could wash their hands.



Elementary Students Make Healthier Choices

The Expanded Food and Nutrition Education Program (EFNEP) operated through Cooperative Extension in Craven County partners with Craven County Schools to deliver a series of nutrition education classes to elementary children to meet the healthy living objectives outlined in the Essential Standards for North Carolina Public Schools.

The EFNEP Program Assistant engaged the youth in hands-on activities to introduce them to USDA's MyPlate recommendations. Following an introductory lesson, students learn why each food group is important to their health. As they learn about each of the food groups and its nutritional value, they have the opportunity to try a new food from that group. Because teachers expressed that fruits and vegetables were of particular concern, a heavy emphasis was put on the benefits of eating foods from the fruit and vegetable groups throughout the series of lessons.

As the classes progressed, students shared ways to incorporate these food groups into their everyday meals. The EFNEP Program Assistant encouraged the students to include a variety of vegetables from all the color groups in meals. They learned that different colors of fruits and vegetables provide different nutrients and that eating a variety is important.

By the end of the program, the teachers shared they were noticing the students making healthier choices in the lunchroom and they were especially happy to report that students were eating more fruits and vegetables. A pre and post evaluation of the program to measure knowledge gained and food behaviors improved revealed the students had indeed learned a lot. As a result of their participation in EFNEP, 83% of participating youth improved their abilities to choose foods according to Federal Dietary Recommendations.



Students Learn Importance of Handwashing

During a series of lessons, the EFNEP Program Assistant conducted an experiment using GloGerm and a black light to prove that soap and water works the best to kill microbes. The students and the teacher participated. As a result of the demonstration, they learned that hand washing was more effective at removing germs than hand sanitizer. Instead of using hand sanitizer before snack, the students began asking their teacher if they could wash their hands. The teacher now encourages proper hand washing procedures.

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