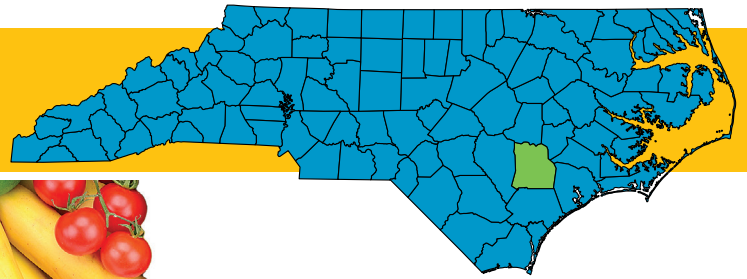




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Duplin 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: **769** youth participated in
4-H EFNEP in Duplin 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 Duplin County



82% of EFNEP participants improved dietary intake.



32% now practice daily physical activity.



56% practice better food resource management.



43% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **23** 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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Duplin County
EFNEP programs obtained

\$21,798

in funding and support
from local efforts.

EFNEP SUCCESS



Cooking School Provides Youth with Valuable Skills

High school-age youth often are called upon to help the family with food preparation and help with managing food resources. This includes helping the family with preparation of after-school meals and snacks. An intensive hands-on cooking school was delivered to 39 youth in Duplin County. A pre and post evaluation revealed that 56% of the children in this program improved their food preparation skills.



Elementary Youth Learn Skills to Reduce Risk of Obesity

Research has confirmed a strong relationship between overweight or obesity and an individual's health. Overweight and obesity in children are more likely to be obese adults and the complications resulting from obesity are likely to be more severe. Of Duplin County children between the ages of 2 and 4, there are 14.9% who are overweight and 18.3% who are obese according to the North Carolina Nutrition and Physical Activity Surveillance System (NC-NPASS).

To address this issue, the Expanded Food and Nutrition Education Program (EFNEP) operated through Cooperative Extension in Duplin County partnered with Duplin County Schools to offer a series of nutrition education lessons on healthy eating. Each week during the six-week series, the EFNEP Program Assistant engaged the youth in hands-on activities to introduce them to USDA's MyPlate recommendations.

Children learned about each of the five food groups and the importance of each group for good health. As they discussed the foods within each group, students were given the task of evaluating choices within the group for healthier options. For instance, if students were discussing the vegetable group, they may discuss the healthiest option between a baked sweet potato, sweet potato fries, or a bag of sweet potato chips. They also discussed "add-ons," such as butter or brown sugar, that can turn a healthy option into a less than healthy option. As the students developed their skills in assessing healthier choices in foods, they also learned about portion sizes. Students were allowed to compare what they typically called a "serving size" to a true "portion size." They were surprised to learn how many extra calories were in the serving size of their favorite foods.

As part of each lesson, students engaged in making a healthy snack recipe. Initially, several students expressed that they didn't like the "healthy stuff," but after trying the first few recipes, they changed their minds.

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, 82% of participating youth improved their abilities to choose foods according to the Federal Dietary Recommendations.

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