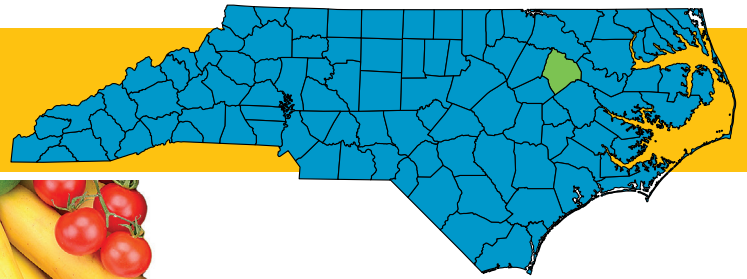




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Edgecombe 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 Edgecombe County


In 2016: **72** families enrolled in EFNEP
485 participated in 4-H EFNEP
82% 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 Edgecombe County

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

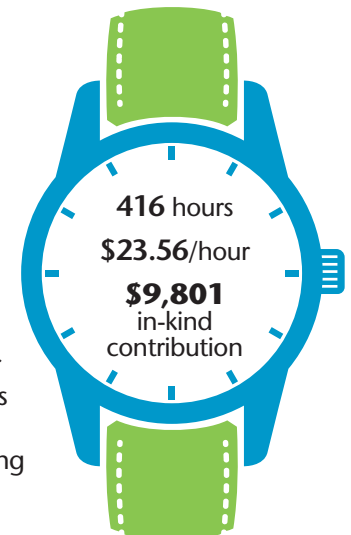
 **54%** now practice daily physical activity.

 **93%** practice better food resource management.

 **93%** 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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Edgecombe County
EFNEP programs obtained

\$12,326

in funding and support
from local efforts.

EFNEP SUCCESS



"I am glad I decided to participate in classes. They have really helped me use my food dollars wisely!"



EFNEP Seen as Valuable Resource to School Scholars

Edgecombe County's 4-H EFNEP program has partnered with Martin Millennium Academy School to provide six weeks of classes for each grade level. 4-H EFNEP helps youth to explore ways to Eat Smart and Move More during the lessons by focusing on choosing foods for good health, being more physically active, preparing easy snacks and meals, keeping food safe, and controlling portion sizes.

According to the Global Coordinator, "Since agreeing to participate in the 4-H EFNEP program, our teachers/staff and scholars (students), have embraced the program with much enthusiasm! The scholars look forward to (the Program Assistant's) healthy snacks such as fresh fruit cups with low fat yogurt or the fresh veggie bags with low fat ranch dressing. For many of our scholars, their primary meals are received at school (breakfast, lunch and afternoon snacks) which makes 4-H EFNEP a valuable resource that provides our students with the opportunity to try new and different foods and learn about healthy choices, the importance of physical activity, and keeping the foods they eat safe. I have observed how excited the children are when (the Program Assistant) is in the hallways. They are always hoping it's their turn to work with her! 4-H EFNEP has been a wonderful resource and we hope to continue the program for the rest of our scholars!"

4-H EFNEP in Edgecombe County continues to help improve the health and well-being of its youth and community.



EFNEP Helps Mom Feed Her Family for Less

During a recent series of lessons held at Edgecombe Community College/GED program, a participant, a single mother of 4, shared during class: "I never clipped coupons before because I really did not see how it would help on my grocery bill! I am currently unemployed and my kid's range in age from 9-17. My three boys, especially, eat a lot and it's hard to keep food in the house. So I decided after the Shop: Get the Best for Less lesson, I would give coupon clipping a try and compare prices. I am glad to be able to say that I have been able to buy more now with my coupon savings. I saved \$25.00 on last week's shopping trip and it allowed me to buy more meat and other staples for my family. Now, I always look for coupons in the grocery store, the newspaper, and in magazines. The EFNEP classes have encouraged me to try new ways to cook and prepare healthy meals at home. I am glad I decided to participate in classes. They have really helped me use my food dollars wisely!"

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