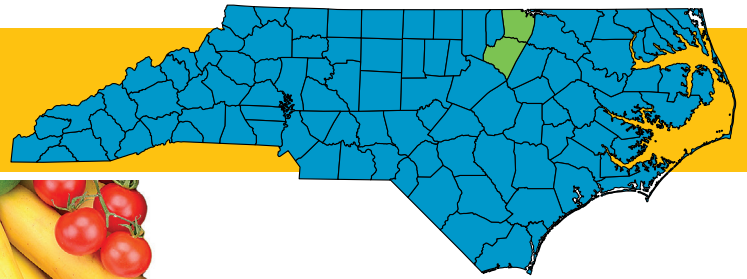




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Franklin and Warren 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 Franklin and Warren Counties

In 2016: **46** families enrolled in EFNEP
366 participated in 4-H EFNEP
89% 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 Franklin and Warren Counties

 **97%** of EFNEP participants improved dietary intake.

 **69%** now practice daily physical activity.

 **86%** practice better food resource management.

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

Volunteers Strengthen EFNEP

In 2016, **25** 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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Franklin and Warren Counties
EFNEP programs obtained

\$1,400

in funding and support
from local efforts.

EFNEP SUCCESS



Because of their participation in EFNEP, these families have been able to apply skills that help them feed their families healthy meals within a very limited budget.

Work First Families Are Healthier and Food Secure

In Warren County, the Expanded Food and Nutrition Education Program (EFNEP) partnered with Work First, a program that helps financially struggling families find jobs, keep their jobs, get better jobs, and build a better life for their children.

A supervisor from the program saw that one of her clients would benefit from learning strategies to help feed her family, so she contacted the Warren County Cooperative Extension Service. The EFNEP Program Assistant partnered with Work First to deliver a series of lessons to the families to improve dietary intake and food resource management behaviors.

After attending nine sessions, the Work First participants expressed to supervisor and Program Assistant that they needed these classes because they realized that they needed to improve in numerous health areas.

After attending the series, 88% of the participants showed improvement in their food resource management skills with 71% stating that they no longer run out of food before the end of the month. For these struggling families, the skills they learned through EFNEP helped them become more food secure.

The changes were also noticeable in their dietary intake and nutritional behaviors that support healthier choices. A pre and post 24-hour food recall revealed that 71% of the participants had increased their fruit intake and 53% had increased their vegetable intake. Additionally, two of the participants stated they are now reading labels and watching their calorie intakes, and they have lost 30 pounds between the two of them. One participant shared that since she and her family began eating together and sharing events of the day, it has brought the family closer together.

Because of their participation in EFNEP, these families have been able to apply skills that help them feed their families healthy meals within a very limited budget.

Youth Choose Fruits and Vegetables as a Result of EFNEP

A second-grade student shared that he really like the idea of keeping fruits and vegetables on hand and ready to eat, and he said he shared that information with his mother. Now he said when he gets home from school his mom has fruit in a bowl on the table. Another second-grade girl also stated that she will cut back on junk food and eat more fruit and vegetables instead.

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