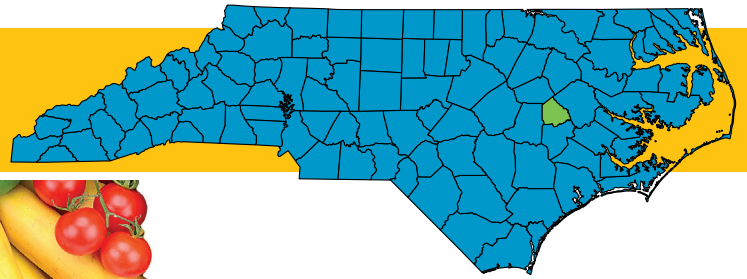




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Greene 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 Greene County

In 2016: **38** families enrolled in EFNEP  
**281** participated in 4-H EFNEP  
**84%** 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 Greene County

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

 **46%** now practice daily physical activity.

 **66%** practice better food resource management.

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

### Volunteers Strengthen EFNEP

In 2016, **31** 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 Greene County Report

Greene County  
EFNEP programs obtained

# \$725

in funding and support  
from local efforts.

## EFNEP SUCCESS



The students were always excited to see the EFNEP Program Associate because they knew there would be healthy snacks and active play.



## Summer Camp Fun— Making a Nutritious Difference

In 2016 the Expanded Food and Nutrition Education Program (EFNEP) Program Associate in Greene County partnered with several schools, afterschool programs and summer sites to provide nutrition education to limited resource youth. The Program Associate used the EFNEP curriculum, *Camp, Cook, Play!* with the summer sites to provide six fun and interactive hour-long sessions. In each session the youth played games that increased their knowledge of nutrition, learned fun and inexpensive ways to increase their physical activity and the Program Associate provided a food demonstration and a tasting to introduce the youth to inexpensive and delicious healthy snacks.

One summer youth site really grasped the concept of eating healthy and staying physically active and was thrilled to share their experience! A youth stated that he learned a lot about label reading and because of the class he makes sure he does not eat a lot of items with high fructose syrup. He also stated that he makes sure he does not eat a lot of sugar. Several students said that they have made some of the recipes they learned in EFNEP at home. When they were asked which one was their favorite, one young lady mentioned that she loved the rainbow pita pocket (which has a lot of vegetables). The students were always excited to see the EFNEP Program Associate because they knew there would be healthy snacks and active play. The group really loved playing the active games with the Program Associate. Because of this, the Center purchased an active game played during the series and the students say that they now actively play the game a lot. This is just one example of how EFNEP is making a difference in Greene.



## Families Make Big Changes as a Result of EFNEP

EFNEP is not a weight-loss program, but one that helps low-income families learn how they can eat healthier foods such as fruits and vegetables on a very limited budget. The program also helps families with strategies to increase their daily physical activity. As a result, many participants report losing weight because they are now eating a healthier diet and are more physically active. In Greene County, 33% of adults are obese, so helping families learn strategies to adopt healthy eating and daily activity is a critical need. 97% of participants improved their dietary intake with 79% improving nutritional practices that support healthy choices and 46% increased their daily physical activity.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



NC STATE UNIVERSITY

