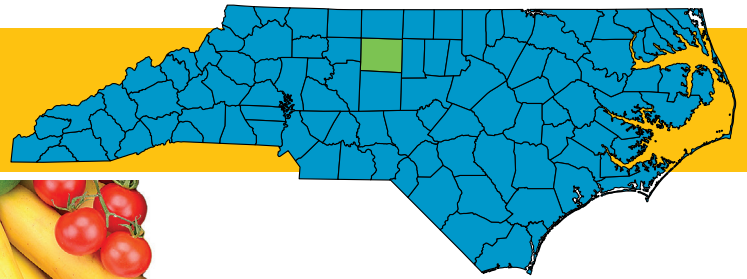




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Guilford 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 Guilford County

In 2016: **144** families enrolled in EFNEP
1,209 participated in 4-H EFNEP
92% 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 Guilford County



92% of EFNEP participants improved dietary intake.



17% now practice daily physical activity.



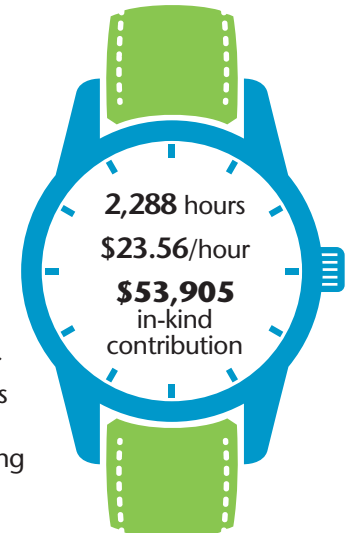
80% practice better food resource management.



70% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **119** 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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Guilford County
EFNEP programs obtained

\$34,055

in funding and support
from local efforts.

EFNEP SUCCESS



Teen Makes Healthy Changes

A high school student participating in an EFNEP series shared that she ate fast food on most days because it was cheap, convenient, and tasted good. The program assistant taught the student about the consequences of eating too much fast food. She learned about the different kinds of fats and how to identify the amount of fat in foods. Using the Internet, the student was able to search the nutritional value of her favorite fast foods. As a result of EFNEP, the teen learned to make healthier choices when eating out. More importantly, she is eating at home as often as she can. Her energy levels have increased and she is able to focus better. An added benefit is that she has saved money since limiting her visits to fast food restaurants.



Healthy Babies— The Goal of EFNEP's Table for Two

The Expanded Food and Nutrition Education Program (EFNEP) uses the Table for Two curriculum to educate young moms and pregnant teens on the importance of making healthy lifestyle choices during and after pregnancy. The Guilford County EFNEP Program partnered with Nurse Family Partnership (NFP) to educate eight young, first-time moms with limited resources. The partnership is going on its second year.

The Guilford County Program Assistant provides a series of six to nine lessons to the young moms. The lessons are carried out in a group setting or during a home visit. Some of the lessons are Feeding Your Baby, Healthy Baby Begins with You, Food Selection and Food Safety. Each session includes a food demonstration and a light physical activity. Because of the partnership the NFP director has seen some outstanding impacts. Before the partnership low birth weight was an issue for mothers enrolled in the NFP program. Since partnering with EFNEP all young moms enrolled in Table for Two gave birth to healthy weight babies and all moms also initiated breastfeeding after giving birth. The NFP director stated that this has been an amazing partnership! She has included an overview of the EFNEP program in her on-boarding training when new nurses are hired.

The young moms enrolled have also enjoyed the Table for Two Program! One family (mother and father) was contacted shortly after giving birth and they were excited to have the Program Assistant come to their home to conduct classes. The mom stated that she was interested in learning all she could to make sure her baby and her family are healthy, she enjoyed the food selection and feeding your baby lessons. Her husband stated that he really enjoyed the food demonstrations especially the smoothie! To date all young moms enrolled in the NFP/EFNEP partnership have increased their dairy and fruit and vegetable consumption.

Because of this successful partnership the NFP director has referred other community programs to EFNEP. The referral system has led to Table for Two classes being held at the Guilford County Health Department as part of the educational opportunities offered for young moms seeking Health Department services.

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