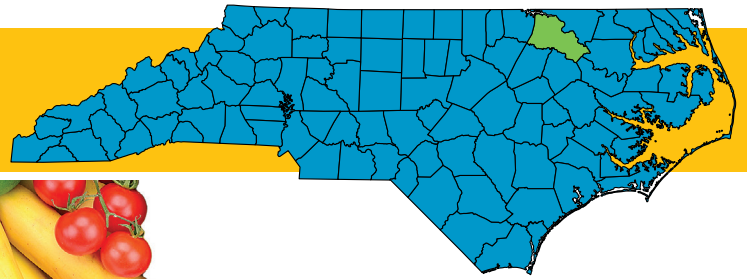




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Halifax 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: **941** youth participated in  
4-H EFNEP in Halifax 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 Halifax County



**98%** of EFNEP participants improved dietary intake.



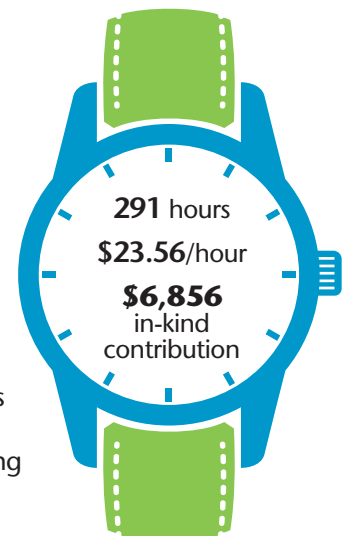
**81%** now practice daily physical activity.



**90%** 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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Halifax County  
EFNEP programs obtained

# \$15,667

in funding and support  
from local efforts.

## EFNEP SUCCESS



At completion of the lessons, 81% of participating youth showed improvement in their daily physical activity.



### Youth Get Active

Physical activity is necessary to keep bodies healthy and it also helps children perform better in school. USDA's MyPlate guidelines recommend 60 minutes of active play for children each day.

The Expanded Food and Nutrition Education Program (EFNEP) operated through Cooperative Extension in Halifax County is a key partner to Halifax County Schools to help children learn healthier behaviors. Through the *Show Me Nutrition* curriculum, EFNEP addresses the Essential Standards for Healthy Living objectives for NC Public Schools. Each lesson in the six-lesson series stresses the importance of eating healthy foods and physical activity.

Seeing that students needed a little extra incentive to be active during recess, the EFNEP Program Assistant submitted a proposal and was awarded funding from the Roanoke Valley Community Health Initiative to provide jump ropes to each of the elementary children participating in EFNEP this past year. Jumping rope is a fun and effective way to exercise. With jump roping, your body burns more calories and gets a better workout than other cardiovascular physical activities. At completion of the lessons, 81% of participating youth showed improvement in their daily physical activity.

One group of first graders at Inborden Elementary incorporated jumping rope into their language arts and math. They wrote their own jump rope songs and counted as they jumped. They named fruits and vegetables as they jumped. Below is an example of their rhymes:

*Jumping rope is fun to do, Jumping rope is good for you  
Let's jump rope every day, Naming fruits is what I say  
...apple, banana, strawberry, etc.*



### Youth Learn Importance of Breakfast

An EFNEP pretest of third graders at Scotland Neck Dawson Elementary School revealed that only 11% of the children ate breakfast everyday. The children were given an abundance of information on the benefits of breakfast. They learned how to read food labels on cereal boxes and were amazed that most of the cereals they had at home were not whole grain. One child participating in the class shared that he had encouraged his mom to find a cereal for the family that was a healthier whole grain with less sugar. By the end of the series, the children shared that they are now eating breakfast, making healthy choices, and getting the energy needed to start their day. The post-test confirmed that 82% were now eating breakfast.

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