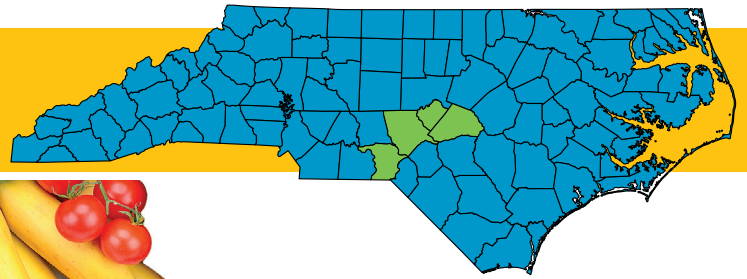




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Harnett, Lee, Moore and Richmond 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 Harnett, Lee, Moore and Richmond Counties

In 2016: **175** families enrolled in EFNEP
1,094 participated in 4-H EFNEP
58% 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 Harnett, Lee, Moore and Richmond Counties

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

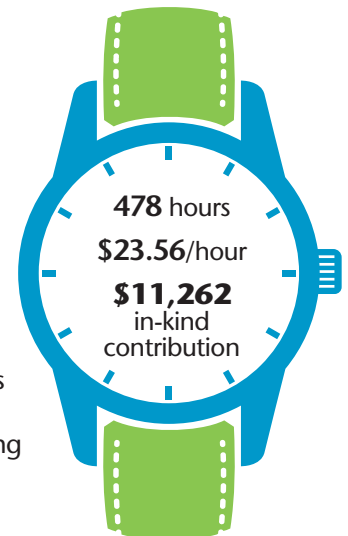
 **34%** now practice daily physical activity.

 **83%** practice better food resource management.

 **58%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **85** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



Harnett, Lee, Moore and Richmond Counties EFNEP programs obtained

\$825

in funding and support from local efforts.

EFNEP SUCCESS



Youth Learn to Keep Food Safe

EFNEP teaches youth the Fight Bac food safety principles of Clean, Separate, Cook, and Chill as part of each lesson. Youth learn the relationship between food safety and good health and have the opportunity to apply knowledge and skills they learn through hands-on food activities. In Harnett County, 61% of the youth participating in EFNEP made positive changes in their food safety practices.

Reference:

1 <http://www.healthyeating.org/Healthy-Kids/Eat-Play-Love/Article-Viewer/Article/271/healthy-eating-starts-with-parent-role-models.aspx>



Moms Model Healthy Eating to Their Children

A resident substance abuse center in Moore County recently asked the Expanded Food and Nutrition Education Program for help. The young women living at the facility were making poor food choices and getting little physical activity. Because all were mothers, some pregnant and some with small children, the resident center thought it was important they learn to eat smart and move more. The center knew that research shows children look up to and imitate the nutrition and physical activity behaviors of their parents and other adults close to them. The way adults close to them talk about food, cook meals and eat has an important influence on a child's development of healthy eating habits.¹ For this reason, the center believed the women living there needed to model a healthy attitude toward food and fitness.

EFNEP accepted the challenge by providing a series of classes that introduced MyPlate's dietary and physical activity recommendations. It taught the women about the five basic food groups and the nutrients found in each; how to plan a balanced meal incorporating foods found in each group; and the difference between serving and portion sizes. EFNEP also taught the women shopping skills that included how to read the Nutrition Facts label and use unit pricing to make smart buys. During each class, the women were given the opportunity to experience first hand reading and following simple recipes, and preparing easy to prepare dishes that could be included in a healthy, tasty meal for their families. Lastly, in an effort to teach the women the importance of being active during the day, EFNEP provided opportunities for them to participate in simple physical activities.

As a result, one woman stated that before participating in EFNEP she drank a twelve pack of sugar-sweetened soft drinks each day. After learning the health risks related to drinking soft drinks, she had decreased that number to 3 or 4 a day. Another participant shared she had cut back from 6 to 2 cans a day. Those women who confessed to selecting too much red meat prior to participating in EFNEP had now started eating more chicken and turkey instead, and those who ate too few vegetables before EFNEP had begun introducing more vegetable options to their children, especially dark green leafy varieties. Some were even adding vegetables to casseroles. Lastly, those women who allowed their families to eat meals in front of the TV before taking EFNEP had turned off the TV and were now using mealtime as an opportunity to have family conversations. As for an increase in physical activity, those women who were getting little to no exercise before taking EFNEP, agreed on the importance of and intended to slowly incorporate physical activities all members of their family could participate in as part of their daily regimen.

Making dietary and physical activity changes like these have allowed the women residents at Moore County's substance abuse facility to model healthy lifestyle behaviors for their children. Their children, in turn, will see and practice those behaviors themselves, and in doing so, model healthy eating and physical activity behaviors for future generations.

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