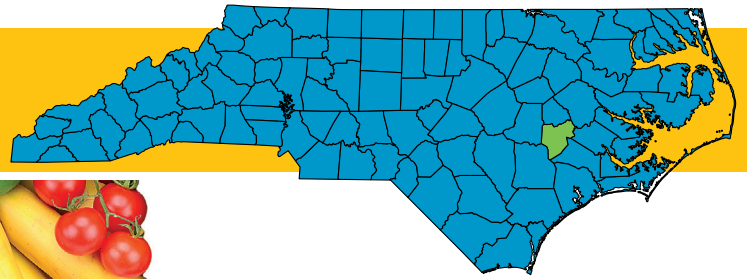




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Lenoir 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 Lenoir County

In 2016: **141** families enrolled in EFNEP
252 participated in 4-H EFNEP
100% 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 Lenoir County



99% of EFNEP participants improved dietary intake.



85% now practice daily physical activity.



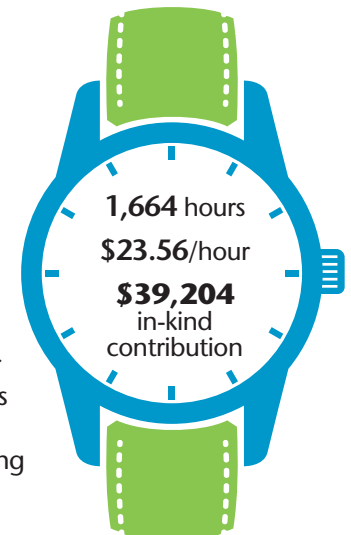
95% practice better food resource management.



90% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **69** 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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Lenoir County
EFNEP programs obtained

\$18,665

in funding and support
from local efforts.

EFNEP SUCCESS



After participating in several EFNEP classes, members shared that they began to realize “just how easily they could make small changes that would make a big difference in their congregation.”



EFNEP-Public Health Partnership Leads to Changes in Faith Community

Recently a *Faithful Families* program was held in Lenoir County with a local church. The pastor was interested in implementing a program that would teach his members how to live healthier lifestyles. After contacting the Expanded Food and Nutrition Education Program (EFNEP) Program Assistant, he was interested in the *Faithful Families* program. In partnership with the North Carolina Division of Public Health and special grant funding through Obesity, Diabetes, Heart Disease and Stroke Prevention (ODHDSP), EFNEP and Extension at North Carolina State University taught a series of lessons about healthy eating and physical activity to members of the congregation.

At the beginning of the series, when food was served at church events, the menu mainly consisted of mostly unhealthy foods such as fried chicken and sugar sweetened beverages, and there were limited spaces for congregants to walk.

Although they wanted to serve healthier options, church members did not know how to get started. After participating in several EFNEP classes, members shared that they began to realize “just how easily they could make small changes that would make a big difference in their congregation.” They also asked for help in developing ways they could incorporate more physical activity into their lives.

With funding from the ODHDSP partnership, the church was able to install signage and mile markers for a walking trail. The trail also includes lighting and benches for additional outdoor safety. Members now meet three times per week and walk as a group. As a result of the classes, the church made the decision to start serving baked chicken, unsweetened tea, and water as healthier options at all church functions and events.

The pastor also stated that he has goals to start a church garden utilizing some unused land behind the church.



Agency Seeks Healthier Donations Following EFNEP

The Expanded Food and Nutrition Education Program in Lenoir County recently partnered with a local youth center to provide nutrition classes to participants attending their summer programs. The center’s director, who served as a volunteer, observed the lessons. After listening to several lessons, the director realized that the snacks served through the center, and to the current EFNEP youth participants, did not match with the nutrition messages that were shared as part of the EFNEP lessons. The snacks were provided as donations from local agencies and often were snack cakes, chips, and sodas. The center’s director met with the agencies and asked for healthier options. The youth center now proudly accepts donations of fruit, vegetables, 100% juice, and whole-wheat crackers. Recently, the director reported that these changes have had a positive effect on the learning environment as well as the health of the participants.

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