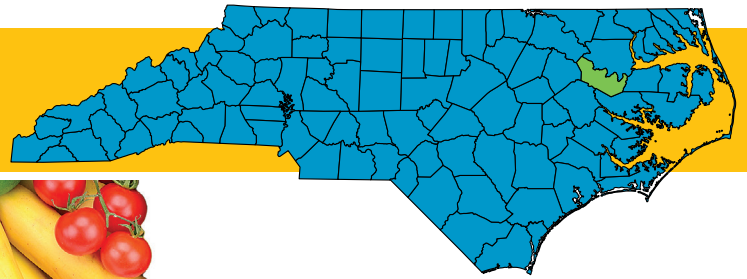




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Martin 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 Martin County

In 2016: **41** families enrolled in EFNEP
576 participated in 4-H EFNEP
98% 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 Martin County



98% of EFNEP participants improved dietary intake.



59% now practice daily physical activity.



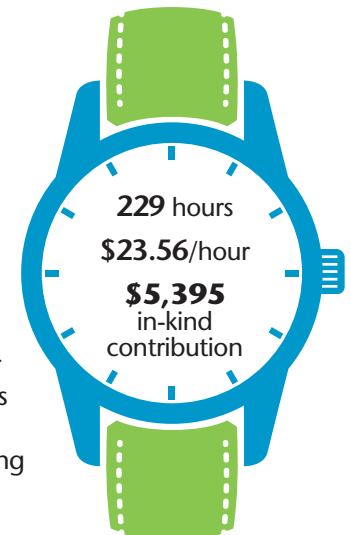
100% practice better food resource management.



70% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **27** 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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Martin County
EFNEP programs obtained

\$3,000

in funding and support
from local efforts.

EFNEP SUCCESS



As a result of eliminating sodas and adopting additional changes, she has lost over 10 pounds.



Moms Meet Breastfeeding Challenge

The Expanded Food and Nutrition Education Program (EFNEP) operated through Cooperative Extension in Martin County utilizes the *Table for Two* curriculum to reach expecting and parenting moms. The *Table for Two* classes enables these mothers to be confident in making healthy meal and lifestyle choices for their growing families.

The EFNEP Program Assistant developed a working relationship with the local Health Department to offer a series of classes to reach young, expecting moms. Six moms participated in the program. In the classes, the program assistant discussed many topics pertaining to the mother's new babies. One of the topics discussed was making the decision to breastfeed. Many of the class participants admitted that they were not considering breastfeeding. The young ladies discussed hearing rumors and myths of breastfeeding being extremely painful. The program assistant reassured the ladies that breastfeeding is definitely an enjoyable experience and not as bad as they had previously heard from friends and family members. She also discussed the health and financial benefits of breastfeeding. The program assistant challenged all the moms to breastfeed their babies at least once. This way, they could make up their own minds.

Three months after the *Table for Two* sessions ended, the Health Department's nutritionist shared that five of the six class participants are continuing to breastfeed their new babies. She thanked the program assistant because she felt they all committed to breastfeeding because of *Table for Two* and the program assistant's continuous encouragement. EFNEP's *Table for Two* program applauds these new moms on participating in the breastfeeding challenge. All of the mothers that attended the *Table for Two* sessions are doing their part to keep their babies healthy throughout a lifetime!



Eliminating Sodas Has Helpful Benefits

An EFNEP participant shared that she was drinking at least six sodas per day prior to her participation in EFNEP as part of her GED classes in Martin County. The participant stated she was shocked to learn how much sugar she was consuming during the healthy drink lesson. The participant stated that after the lesson she went home and did the math and realized by not drinking soda she could easily cut out over 700 calories a day. The participant stopped drinking sodas and started drinking sparkling water instead. Four months after the series ended, the participant shared with the EFNEP Program Assistant that she had implemented other changes. She no longer eats fried foods and she has increased her consumption of fruits and vegetables. As a result of eliminating sodas and adopting additional changes, she has lost over 10 pounds.

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