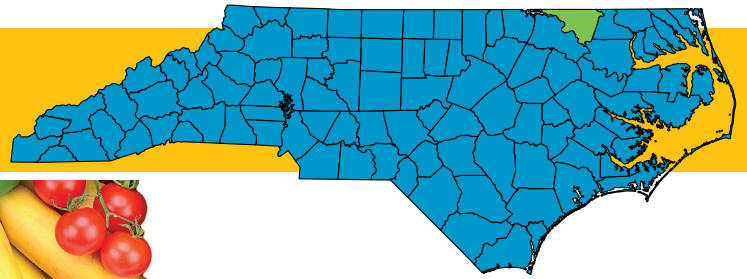




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Northampton 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 Northampton County

In 2016: **142** families enrolled in EFNEP
97% 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 Northampton County



99% of EFNEP participants improved dietary intake.



67% now practice daily physical activity.



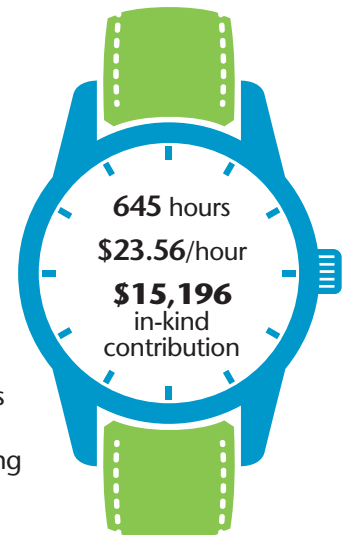
86% practice better food resource management.



96% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **30** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2016 NC Cooperative Extension Northhampton County Report

Northhampton County
EFNEP programs obtained

\$25,797

in funding and support
from local efforts.

EFNEP SUCCESS



“Thanks to Northhampton County Cooperative Extension Service for the wonderful program that is helping people in this community. Its been a month since I completed this program and I am almost down 10 pounds.”



Young Mom Sees Benefits of Planning

The Expanded Food and Nutrition Education Program (EFNEP) operated through Cooperative Extension in Northhampton County provides nutrition education to low-income families with young children in community settings. The program goals are to improve the dietary intake of the family, increase daily physical activity, and improve skills in food resource management and food safety.

Families participating in the program learn key skills to increase their consumption of healthy foods such as fruits and vegetables while using new skills learned through the program to manage their food costs. Although EFNEP is not a weight-loss program, many participants report they lose weight as a result of adopting healthier behaviors. A young mother of three children wrote the following regarding her experience with EFNEP.

“One of the most effective strategies for losing weight and sticking to my healthier lifestyle is to plan ahead. It seemed difficult at first to be prepared, but the results were astounding to me... Using a meal plan saves me money and time, and me and my family eat better, healthier foods when I plan my meals ahead of time. I started to prepare delicious meals that my whole family loved by keeping my kitchen clean and following a few simple food safety tips in the kitchen. Throughout these lessons there were so many tips to use to keep my food safe and to prepare more meals at home...”

Thanks to Northhampton County Cooperative Extension Service for the wonderful program that is helping people in this community. Its been a month since I completed this program and I am almost down 10 pounds.”

As a result of her participation in EFNEP, this participant stated that she and her entire family benefited from the program.



EFNEP Helps Improve Food Security

Teaching families the skills to plan, shop, fix and eat more meals at home helps them utilize their limited resources to achieve maximum benefit. Planning meals in advance, shopping with a list, comparing prices using the unit price, and reading food labels are all skills that help families learn how to stretch their food dollars. Learning food preparation and food safety skills helps families prepare and eat more meals at home. As a result of these strategies, a pre and post food behavior survey revealed that 64% of EFNEP families in Northhampton County ran out of food before the end of the month less often. Because of EFNEP, these families are now more food secure.

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