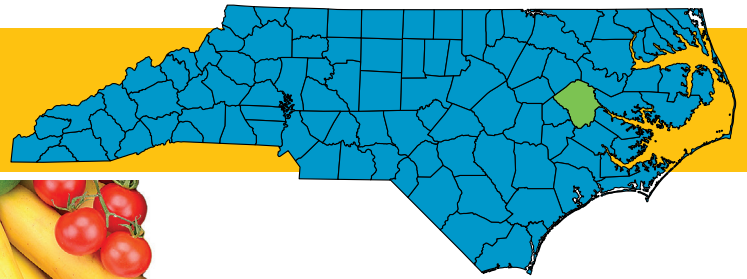




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Pitt 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 Pitt County

In 2016: **136** families enrolled in EFNEP
904 participated in 4-H EFNEP
94% 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:

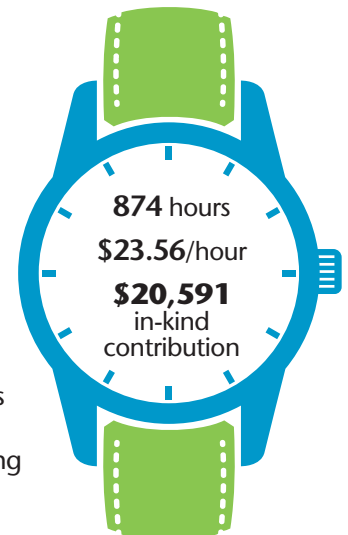
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Pitt County

-  **91%** of EFNEP participants improved dietary intake.
-  **30%** now practice daily physical activity.
-  **75%** practice better food resource management.
-  **66%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **79** 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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Pitt County
EFNEP programs obtained

\$40,836

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Helps Participant Reach Weight Loss Goal

Pitt County's Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education program that focuses on enriching lives of limited resource families. While partnering with STRIVE, a job training program for the unemployed, the Pitt County EFNEP Program Assistant encountered a former EFNEP participant who was enrolled in STRIVE. The participant credited EFNEP for her dramatic weight loss. The former participant shared that after graduating from EFNEP three years ago, she made the decision to change her eating habits. She reduced her intake of simple carbohydrates and increased her fruit, vegetable, and water intake. She also added 30 minutes of physical activity to her daily routine. By following the simple strategies taught by EFNEP, she was able to lose more than 60 pounds, moving her to a healthier weight.



Youth Finds Inspiration to Make Healthier Choices

In Pitt County, Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) works with families in the community to improve nutritional, food resource management, and food safety behaviors.

The 4-H EFNEP Program Assistant partnered with the Pitt County Public Schools to deliver a series of lessons to E.B. Aycock Middle School. During the course of the program, the EFNEP Program Assistant taught the group of 6th graders how to implement *MyPlate* principles to plan a simple meal that includes all food groups, where to find a food label and how to read it, and the importance of physical activity. The students were also able to taste healthy foods they prepared after each class using the hands-on curriculum, *Teen Cuisine*.

One student said she was not a big fan of eating well-balanced meals and did not engage in daily physical activity. She shared that she was not eating the recommended daily servings from all of the food groups. *"I really didn't care what I ate as long as it was clean, yummy, and filled me up."* During the third lesson, *"Power up with Breakfast,"* the student agreed with other students in the class and stated that she often skipped breakfast. Lack of time, not having an appetite, and wanting time with her friends before school were her reasons for skipping breakfast.

After learning about various nutrients found in foods as well as the benefits, the students began to realize that eating healthy and eating a variety of foods will be beneficial to them in the future. The reluctant student enjoyed the EFNEP recipes she helped to prepare during the class.

By the end of the series, the participant stated that she is now more conscious of what she eats. She chooses sliced green apples for snack and makes sure that she has a variety of foods on her plate during each meal. In addition, she now often walks to a creek in the back of her neighborhood each day for physical activity.

Following the last lesson in the series, the student shared, *"I'd like to thank you for making me realize that eating healthy is very important. I hope you can inspire other people to eat yummy fruit and play outside more."*

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