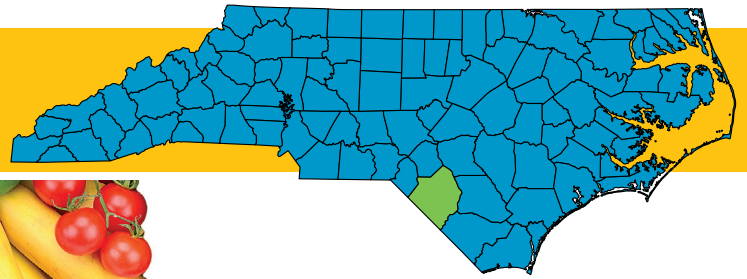




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Robeson 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 Robeson County

In 2016: **273** families enrolled in EFNEP
1,136 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 Robeson County

 **95%** of EFNEP participants improved dietary intake.

 **41%** now practice daily physical activity.

 **90%** practice better food resource management.

 **77%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **102** 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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Robeson County
EFNEP programs obtained

\$29,040

in funding and support
from local efforts.

EFNEP SUCCESS



The mother said she is using what she learned in EFNEP to help her family eat smart, healthier meals within her budget. As a result of EFNEP, this young family is now more food secure.

Planning Meals Results in Savings and Food Security

Robeson County Expanded Food and Nutrition Education Program (EFNEP) partnered with Robeson Community College's Adult High School Education program to offer a series of classes. At the beginning of the program, most participants stated that the hardest part of their day was to plan meals for their families while sticking to a budget. Through this partnership, EFNEP offered participants hands-on, practical strategies for planning and preparing healthy meals for their families.

After participating in EFNEP classes, participants stated that they have learned how to plan healthier meals on a budget for their families. They've also learned that planning meals saves time and money, thus stretching their resources and enabling them to have more at the end of the month. Participants were "amazed at how making small changes made a big difference."

One participant, who is a mother of two and pregnant with her third child stated at the beginning of the EFNEP series that she often ran out of food before the end of the month. She stated that even though she received more than three hundred dollars in food stamps, she found it hard to make her food dollars stretch until the end of the month. She would often go to food pantries to get food so that she could feed her family.

By the end of the EFNEP series, the young mother stated she is now saving money and has money left over at the end of the month. Additionally, she no longer needs to go the food pantry before the end of the month. The mother said she is using what she learned in EFNEP to help her family eat smart, healthier meals within her budget. As a result of EFNEP, this young family is now more food secure.

Experiment Teaches Youth Importance of Hand Washing

Hand washing is a low-cost, simple way of reducing the incidence of food-borne diseases. To help children improve their hand washing techniques, the Robeson County Expanded Food and Nutrition Education Program (EFNEP) Program Assistant did an experiment to demonstrate the effects of touching food without proper hand washing. The experiment gave students a better understanding of why it is important to wash their hands with warm water and soap often throughout the day. Many students admitted to not washing their hands throughout the day or before eating. After completing this exercise with several classes, teachers and staff reported back that they hear students in the bathroom singing the ABC song while scrubbing their hands. Pre- and post-evaluations given to students also revealed that 76% of youth now use safe food handling and hand washing practices.

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