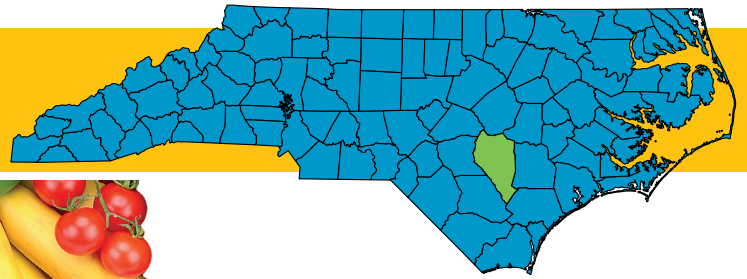




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Sampson 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 Sampson County

In 2016: **148** families enrolled in EFNEP
65% 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:

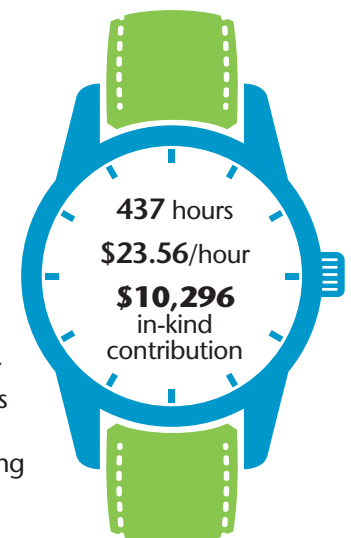
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Sampson County

-  **96%** of EFNEP participants improved dietary intake.
-  **40%** now practice daily physical activity.
-  **96%** practice better food resource management.
-  **83%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **12** 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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Sampson County
EFNEP programs obtained

\$14,829

in funding and support
from local efforts.

EFNEP SUCCESS



By the end of the series, the men shared that the changes had helped them achieve a major goal. Each one reported their blood glucose and blood pressure numbers were down.



Participants Adopt EFNEP Lessons and See Big Results

The Expanded Food and Nutrition Education Program (EFNEP) operated through Sampson County Cooperative Extension partnered with the Obesity, Diabetes, Heart Disease, and Stroke Prevention program (ODHDSP) to conduct a series of EFNEP's Faithful Families classes in two local communities. Through this partnership, the EFNEP Program Assistant was responsible for direct education to participants and the ODHDSP staff worked with the community to adopt policies and environmental changes to support healthy eating and physical activity.

Throughout the classes participants learned how to prepare healthy, easy and affordable meals for their families, how to include more physical activity in their day, and skills to help them make eating healthy and being active a lifestyle change.

Three participants of the program shared that they had dangerously high blood sugar and blood pressure numbers. In their own words, they stated they "were not doing something right" because they could not control their diabetes or hypertension. They were eager to learn and participate in the classes. They shared that they practiced what they had learned in the sessions at home in preparing family meals. As the series progressed, these three participants shared they had started eating more fruits and vegetables and were exercising more. By the end of the series, the men shared that the changes had helped them achieve a major goal. Each one reported their blood glucose and blood pressure numbers were down.

Another group of 10 participants reported they had changed their portion sizes using the strategies taught during the class and had started exercising daily. Before the series was over, the group of 10 was excited to share that they had collectively lost 20 pounds adopting the EFNEP lessons on portion control and activity. They were so excited! They even mentioned that they felt better and were going to continue on this path to better health. Each of them said that they were going to share this information with other people of faith, their families and friends.



EFNEP Increases Food Security for Families

Helping families learn new skills to feed their families healthy meals on very limited budgets is a goal of EFNEP. Participants learn how to plan meals ahead of time, shop with a list, compare unit prices, read labels, incorporate leftovers into another meal, and engage in hands-on food preparation to help them eat more meals at home. As a result of the skills learned and adopted by participants in Sampson County, 81% of the participants reported they no longer run out of food before the end of the month.

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