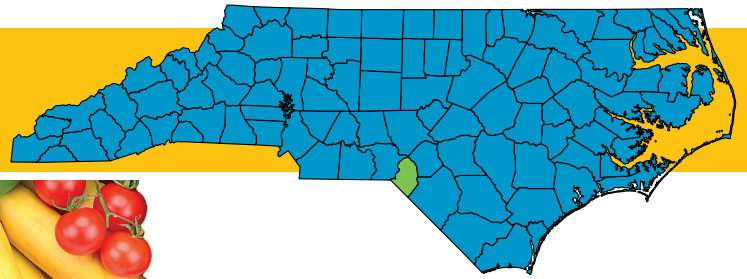




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Scotland 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




In 2016: **1,132** youth participated in
4-H EFNEP in Scotland county


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 Scotland County

 **91%** of EFNEP participants improved dietary intake.

 **56%** now practice daily physical activity.

 **53%** practice better food resource management.

 **62%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **76** 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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Scotland County
EFNEP programs obtained

\$11,222

in funding and support
from local efforts.

EFNEP SUCCESS



Teacher and Students Learn Healthy Snacking

At the conclusion of the EFNEP series delivered in her classroom, a local teacher wrote a note to EFNEP. She stated that learning the importance of snacking had prompted her to encourage not only her students, but also her own family to eat healthy snacks during the day. She urged her students to take the EFNEP recipes sampled in class home to their parents hoping a conversation would ensue and they would also understand not only how beneficial snacking can be, but how easy it is to make snacks simple and healthy. The teacher added she was using the EFNEP snack recipes at home and particularly liked the pizza tortilla and parfait!

EFNEP Camp Experience Leads to More Fruits and Vegetables in Youth Diets

According to the Center for Disease Control, childhood obesity has more than doubled in children in the past 30 years.¹ Seven out of 10 obese youth have at least one risk factor for cardiovascular disease.¹ Research has shown that consuming a diet rich in fruit and vegetables as part of an overall healthy diet may reduce heart disease, as well as several other chronic diseases.

In Scotland County, the 4-H component of the Expanded Food and Nutrition Education Program partnered with the community parks and recreation center's Summer Feeding Program and the 4-H program to offer a summer Boot Camp. The daylong camp offered nutrition education, hands-on food preparation experiences and lots of opportunities for physical activity.

The series of lessons taught MyPlate healthy eating and physical activity recommendations. They also included hands-on food preparation experiences, using recipes that focused on simple and easy fruit and vegetable snacks. Among some of the favorites were fruit smoothies, spinach vegetable wraps, and fruit Kabobs. At the end of a session activity, the youth were given the task of creating a healthy dinner menu using MyPlate recommendations as a guide. Their menus reflected exactly what they had learned in class. Their menus depicted foods from each food group with half their plates being filled with fruits and vegetables. Some youth even added recipe items that were prepared in class to their menu.

During the camp, a group of youth was asked what healthy eating behaviors they had learned. Overwhelming, the answers given involved fruits and vegetables—the importance of eating a variety of colors and including at least 5 servings a day in their diets. The majority of the youth talked about the health benefits received from eating the nutrients found in fruits and vegetables. A sister and brother commented that they were now making fruit smoothies at home with their mom and remembering to grab a piece of fruit instead of chips or cookies as a snack. The younger brother said he had also asked his mom to buy the ingredients to make the spinach vegetable wraps tried in camp since he liked them so well. The youth that admitted not eating their vegetables at dinner before attending camp were now making an effort to eat what their mom puts on their plate.

Developing healthy behaviors at an early age, can create healthy habits that last a lifetime. If these youth continue on this path, they will avoid the nutrition-related health risks later in life.

Reference:

1. <http://www.cdc.gov/healthyschools/obesity>

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