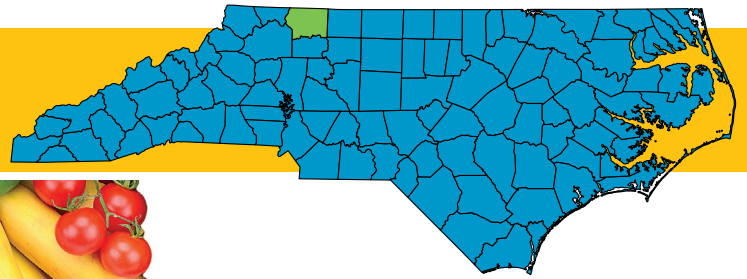




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Surry 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 Surry County


In 2016: **100** families enrolled in EFNEP
86% 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 Surry County

 **100%** of EFNEP participants improved dietary intake.

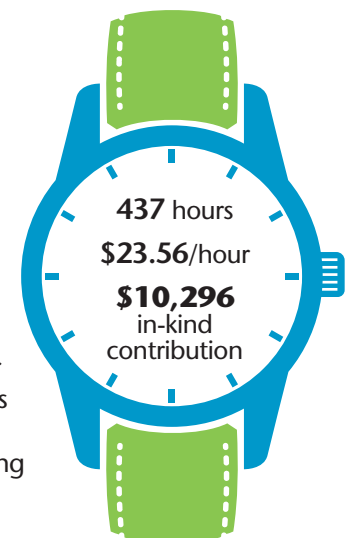
 **44%** now practice daily physical activity.

 **95%** practice better food resource management.

 **53%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **7** 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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Surry County
EFNEP programs obtained

\$4,392

in funding and support
from local efforts.

EFNEP SUCCESS



Participants Use Skills Learned in EFNEP to Stretch Food Dollars

As part of the EFNEP series, participants learn skills that help them provide healthy meals for their families throughout the month by most effectively utilizing their resources. Skills such as planning meals in advance, comparison shopping, shopping for nutrition and value, stretching resources, and eating more meals at home are learned. As a result, 77% of EFNEP participants completing the program in Surry County reported they no longer ran out of food before the end of the month. By learning key skills to stretch their food dollar, these families are now more food secure.



Pre-Diabetic Learns Skills to Reduce Risk with Measurable Results

In Surry County, the Expanded Food and Nutrition Education Program (EFNEP) partners with the local Women, Infants and Children clinic (WIC) to teach mothers of young children how to nutritiously feed their families. As federally funded programs, both EFNEP and WIC encourage their participants to follow the healthy living recommendations outlined in the Dietary Guidelines.

According to the Centers for Disease Control and Prevention (CDC), the 2011-2014 rate of obesity for adult women living in the United States was 38.3%. For children two to five years of age, those ages that qualify for WIC, the rate of obesity was 9.4%. As children grow older, however, the rate jumps. For children six to 11 years of age, the obesity rate is 17.4%; and for adolescents, ages 12 to 19 years, the rate is 20.6%. The incidence of obesity at any age is a concern because of its associated risk to diabetes and several other chronic diseases. Addressing obesity at an early age helps to reduce the chances of becoming obese when older.

One diabetic participant who wanted to reduce her weight expressed the benefits she realized from participating in EFNEP. Being introduced to MyPlate's nutrition and physical activity concepts helped her make smarter decisions about the foods she chose to eat and understand the importance of including movement into each day's routine. By learning how to use the various tools provided by MyPlate and the USDA she became more cognizant of the amounts of sugars and calories found in the foods she ate. For example, by reading the Nutrition Facts label, she could determine which foods were low in sugar and select a variety of more nutrient dense foods when grocery shopping. She could also determine the total amount of calories in each serving, staying away from foods with higher fat content.

Although learning how to use the information on the food label was a huge help, she found it and the other tools provided weren't enough to help her reach her healthy living goals. The key was EFNEP teaching her the difference between serving and portion size. She discovered that to control her weight and blood sugar, she needed more than a variety of healthy foods. She needed to also control the amount of healthy food she ate at one time. She reiterated what EFNEP had taught. A serving size, as documented on the food label, varied from product to product and was different than the portion size she chose to put on her plate. Controlling her portions helped her control both her calories and her weight. Since becoming more cognizant of her portion sizes, she had lost 18 pounds and, in turn, taken better control of her blood sugar.

In closing, the participant shared that there was one more benefit of participating in EFNEP, which was being able to model for her family the concepts learned in class. Following the MyPlate guidelines when preparing and serving meals was not only important for her health, but her family's as well.

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