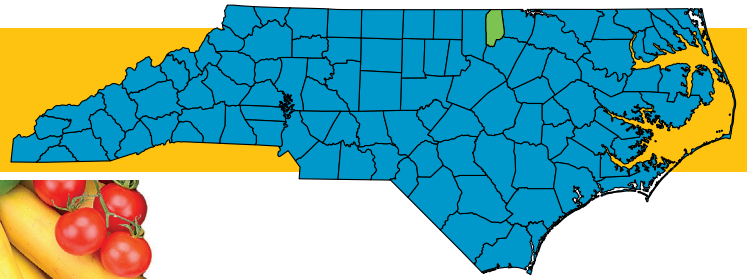




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Vance 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: **201** youth participated in  
4-H EFNEP in Vance 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 Vance County

 **79%** of EFNEP participants improved dietary intake.

 **40%** now practice daily physical activity.

 **50%** practice better food resource management.

 **30%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2016, **6** 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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Vance County  
EFNEP programs obtained

# \$19,500

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Participants Improve Nutrition Practices

EFNEP teaches families skills that help them plan, shop, fix, and eat healthy meals at home on a very limited budget. Specific skills help families select and prepare nutritious foods such as learning cooking skills, reading food labels, and preparing foods without added salt, sugar, or fat. Through hands-on food preparation in each class and practice, participants are able to apply the skills they learn in EFNEP at home. In 2016, 76% of adults participating in EFNEP made at least one positive change in their nutrition practices.



### Youth Make EFNEP Recipes at Home

Vance County is a rural area and ranked 97 out of 100 in health ranking in North Carolina. The population of Vance County is between 10,000 and 15,000 people and 24.1% make up the youth that are 18 and below. According to the county health rankings, 25% of families are suffering from food insecurity. They do not have reliable access to a sufficient quantity of affordable, nutritious food. They are not able to get the proper nutritional needs and are not being active daily which increases the obesity rate amongst the youth.

To help improve Vance County health rate among the youth, NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) joined forces with four different community sites to provide nutrition education. The ages varied from five to 15 years. EFNEP used the curriculum, *Kids in the Kitchen* to deliver seven different lessons. Each of the lessons included kitchen safety skills, games to demonstrate that physical activity is fun, and nutrition information about the different food groups in MyPlate. With each lesson, a healthy snack was made and proper cooking skills were taught. EFNEP also focused on keeping the youth active and with each lesson a fun physical activity was done to emphasize how important it is to be active daily.

At the beginning of the EFNEP series, the children took a pre-food behavior survey to measure their knowledge on MyPlate and physical activity. At the end of the session, they took a post-survey to see what they had learned.

The teachers observed many of the students bringing the recipes they made in the EFNEP classes for lunch. One student from the Recreation Center said, "I asked my mom, 'Can you buy 1% milk instead of 2% milk?' and she said, 'Yes.'" This program opened the students up to new things. The children were also given a cookbook with recipes that were used during the lesson and that could be made at home with adult supervision. About a month after the EFNEP series had ended, the recreation center director contacted the Extension Office and shared that one of the students had been using the *Kids in the Kitchen* cookbook and had made several of the recipes at home with his family! He also shared that the student stated he felt stronger!

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