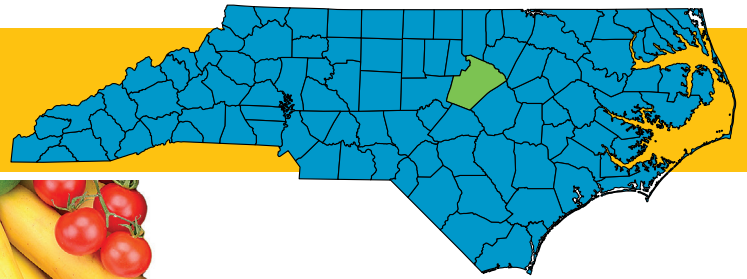




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Wake 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 Wake County

In 2016: **198** families enrolled in EFNEP
899 participated in 4-H EFNEP
75% 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 Wake County



91% of EFNEP participants improved dietary intake.



40% now practice daily physical activity.



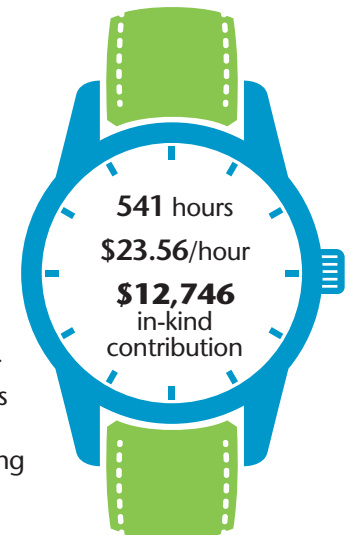
95% practice better food resource management.



81% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **33** 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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Wake County
EFNEP programs obtained

\$13,133

in funding and support
from local efforts.

EFNEP SUCCESS



Using actual food labels and fast food nutrition facts, participants learned to identify nutrient amounts including sodium content.



From Fast Food to Homemade

A diet high in sodium can increase blood pressure and raise the risk for a heart attack or stroke. The Centers for Disease Control and Prevention found that most Americans exceed their sodium requirements mostly from eating out too often. The Wake County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local community action agency to teach limited resource families to improve their diet and lifestyle.

A program participant expressed her concern that she may be at risk for developing high blood pressure. Her last physical showed her blood pressure was high. Since she raises her grandchildren, she shared the same concern for their health. The majority of the food she ate with her family came from the dollar menu at a nearby fast food restaurant. It was cheap and convenient.

The EFNEP program assistant discussed the consequences of eating out especially on diet and food budgets. Using actual food labels and fast food nutrition facts, participants learned to identify nutrient amounts including sodium content. Additionally, the program assistant used hands-on food demonstrations to show participants how to prepare healthy, low sodium recipes from the EFNEP cookbook. Recipes were healthy, quick, easy to prepare, and inexpensive.

As a result of EFNEP, the participant concerned about her blood pressure invested in an electric skillet to help her prepare more meals at home. Rather than using additional salt in her recipes, she now uses herbs and spices. The participant, excited about what she has learned, taught her grandchildren to read food labels. And finally, during a recent check-up, her blood pressure had decreased.



EFNEP Youth Learn to Cook with Fruits and Vegetables

The Expanded Food and Nutrition Education Program (EFNEP) operated through Wake County Cooperative Extension partnered with Passage Home, a community action agency, to teach the community about gardening and making healthy food choices.

While the Passage Home staff concentrated on gardening and fresh food access, the EFNEP program assistant worked with the children on choosing and preparing healthy foods. As a result of EFNEP, the children learned to identify fruits and vegetables and how to prepare them using EFNEP recipes. One child shared that he had never eaten fresh fruits or vegetables at home. But, after showing his mom how to prepare some of the recipes, they are now eating fruits and vegetables at least once a day. On weekends now, they tend to eat more fruit because they always prepare a fruit smoothie for breakfast.

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