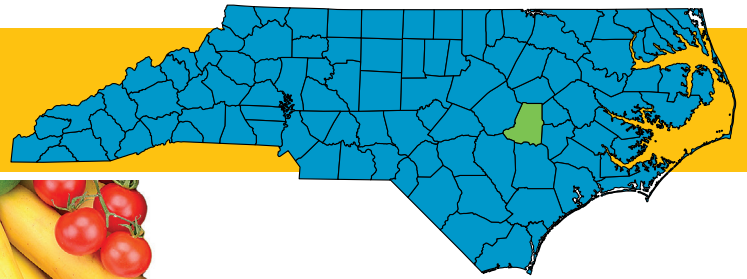




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Wayne 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 Wayne County

In 2016: **93** families enrolled in EFNEP

81% 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 Wayne County



98% of EFNEP participants improved dietary intake.



48% now practice daily physical activity.



83% practice better food resource management.



68% 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.



2016 NC Cooperative Extension Wayne County Report

Wayne County
EFNEP programs obtained

\$15,541

in funding and support
from local efforts.

EFNEP SUCCESS



She credits EFNEP with providing her with the knowledge and tools to help her stretch her benefits to continue to feed her family.



Group Learns Strategies for Daily Physical Activity

In Wayne County, 72% of adults are overweight and 33% of adults are obese.¹ Good nutrition, daily physical activity, and healthy body weight are essential to a person's overall health and well-being. Together, these can help decrease a person's risk of developing serious health conditions, such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cancer.

With this information, the Expanded Food and Nutrition Education Program (EFNEP) working through Wayne County Cooperative Extension partnered with Young Families Connect, a program coordinated through the Wayne County Health Department. The partnership goals were to promote self-sufficiency, health and wellness, and parenting skills for young, parenting or expectant families.

As part of enrolling in EFNEP classes, participants take a short behavior survey that is used to help assess current activities. This information can help inform the EFNEP Program Assistant as to what additional educational lessons would benefit the group of participants. For a recent group, the Program Assistant saw the need to help participants increase their daily physical activity. During the *Choosing to Move More Throughout the Day* lesson, many of the participants stated they wanted ideas for ways to be more active throughout the day. Throughout the lesson, the Program Assistant taught simple strategies to be active and encouraged participants to use the *Walk Indoors* by Leslie Sansone DVD provided to participants as a take-home skill-builder. Several members of the class stated they have now started incorporating the ideas. One mother shared that she is now walking in her neighborhood at the least 4 days a week to increase her activity.



Participant Learns to Stretch Food Resources

During a recent lesson called *Shop: Get the Best for Less*, participants learned about the importance of shopping for groceries from a list, managing a grocery budget, and other strategies for making the most of their food dollars. After several lessons, one participant shared that the amount of Supplemental Nutrition Assistance Program (SNAP) benefits she was receiving to feed her family of seven was reduced by more than \$250 a month. She credits EFNEP with providing her with the knowledge and tools to help her stretch her benefits to continue to feed her family. She is now able to buy extra food and fill her deep freezer and still have remaining money at the end of the month.

Reference:

1. 2014 State of the County Health Report Wayne County, North Carolina. Found at: <http://www.waynegov.com/ArchiveCenter/ViewFile/Item/86>

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

