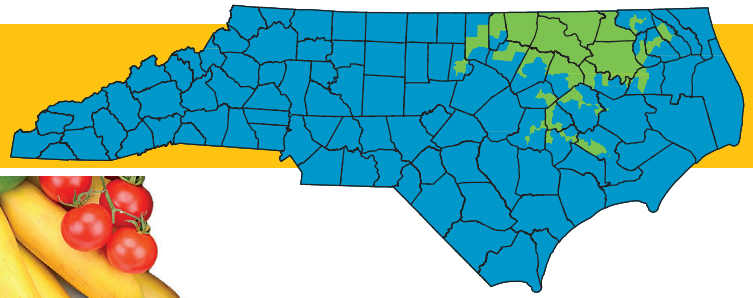




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Congressional District 1 Report

North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **31.8%**.
- **15%** of 2- to 4-year-olds from low-income families are obese. This makes us the **17th** most obese state.
- North Carolina has the **15th** 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 District 1



In 2017: **544** families enrolled in EFNEP
3,508 participated in 4-H EFNEP
90% 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 2017, 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 District 1

-  **89%** of EFNEP participants improved dietary intake.
-  **61%** now practice daily physical activity.
-  **91%** practice better food resource management.
-  **79%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **211** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2017 NC Cooperative Extension Congressional District 1 Annual Report

**Congressional District 1
EFNEP programs obtained**

\$125,481

**in funding and support
from local efforts.**

EFNEP SUCCESS



No More Fast Food

A third grader participating in EFNEP's Show Me Nutrition program in Warren County recently shared how the information she was learning not only helped her but helped her entire family. For years prior, the family had eaten fast food left over from the restaurant her mother worked at for each meal. Fruit and vegetables were non-existent in her diet. Yet when her daughter started bringing home recipes she had learned during the school day from the EFNEP Educator, all of this began to change. The mother began preparing the recipes rather than simply serving fast food. Not only were the recipes healthy, but they also tasted delicious. Her mother's favorite recipe to prepare is EFNEP's Easy Fruit Salad and because of this and other dietary changes, her mother is now wearing a smaller clothing size. The whole family is excited to be eating less fast food and more home cooked, healthy meals.



Pre- and post- evaluation data showed that 67% of youth participating in EFNEP this past year improved their use of safe food handling practices and their knowledge of food safety. Practicing safe food handling techniques is an important part of reducing the risk of foodborne illnesses.



EFNEP Changes Lives

People with limited resources who have children struggle to put healthy food on the table while on a budget. One EFNEP participant in Edgecombe County faced multiple challenges. She had recently lost her husband and found herself as the sole caregiver to both her handicapped son and an aging parent. She had never even thought of eating healthy, reading food labels, or exercise until her participation in EFNEP through her worksite. After the loss of her husband, she realized the importance of being healthy enough to take care of the other people in her family. She is now making her own grocery list, using coupons and reading nutrition labels while shopping for her family's food. Her family loves the EFNEP recipes that she prepares at home. Thanks to skills she learned through EFNEP, she has been able to make ends meet under the most challenging of circumstances.



While participating in the Bertie County Expanded Food and Nutrition Education Program (EFNEP) for youth, the second-grade students at Colerain Elementary School in Bertie County learned about the true importance of physical activity and how beneficial it is for families as a whole.



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