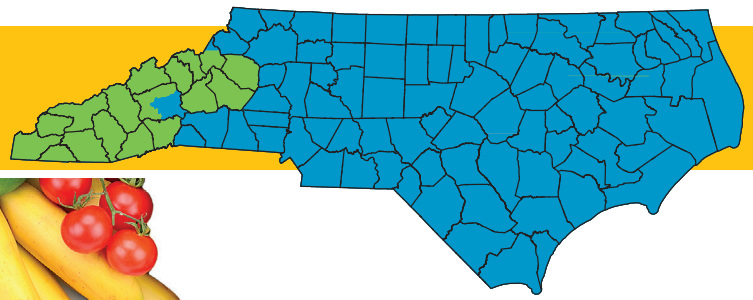




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Congressional District 11 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 11

In 2017: **119** families enrolled in EFNEP
3,607 participated in 4-H EFNEP
88% 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 11



87% of EFNEP participants improved dietary intake.



42% now practice daily physical activity.



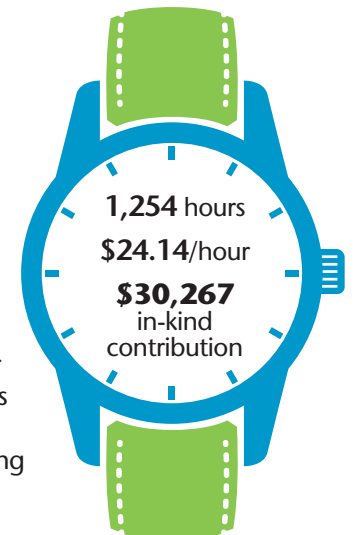
97% practice better food resource management.



82% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **230** 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 11 Annual Report


Congressional District 1
EFNEP programs obtained


\$58,846

in funding and support
from local efforts.

EFNEP SUCCESS



 In Transylvania County, a group of teens participated in EFNEP's Teen Cuisine series to learn healthy eating practices. Throughout the lessons, food safety for handling, storing, and preparing foods is stressed. As a result, 59% of the teens improved their food safety practices and have adopted these practices when preparing food for themselves and their families.

 After an Educator began teaching from the EFNEP curriculum, *Fun with Food and Fitness*, a group of first graders started a club at recess where they would do exercises together. The teacher noticed that the students were becoming more supportive of each other, not only at recess, but inside the classroom too.

Learn, Shop & Save

EFNEP partnered with the Free Market, a Manna Food Bank distribution site hosted by Montmorencia United Methodist Church to offer a 10-lesson series where recipients learned how to plan meals, shop smart, and keep foods safe. A hands-on food preparation activity allowed participants to prepare recipes that contained fresh produce and other nutritional foods being offered at the Free Market that day. Their in-class EFNEP experiences gave each recipient the confidence needed to plan, prepare, and serve a variety of foods for their families at home. Additionally, participants attended a grocery store tour to practice skills they learned in class. Post evaluation data showed that 92% of participants improved their skills in food resource management and 83% improved their nutrition practices.

Doctor Suggests EFNEP to Patient

During a visit to her doctor, a young mom expressed concerns about her recent diagnosis of high blood pressure. She asked her doctor for recommendations he could suggest for any lifestyle choices she could make to help with her blood pressure issues. The doctor shared a flyer about the Expanded Food and Nutrition Education Program (EFNEP) and an upcoming series of classes in her area. After the series was completed the participant reported that she had lost weight and had lowered her blood pressure by eating less salt and increasing her physical activity as she had learned in the program. She also shared that she was making more of an effort to plan healthy meals using the recipes and tools that EFNEP had provided. The participant was excited that, because of these changes, she did not currently have to take blood pressure medicine anymore. The participant was encouraged that because of EFNEP she would have a healthy future ahead of her.



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