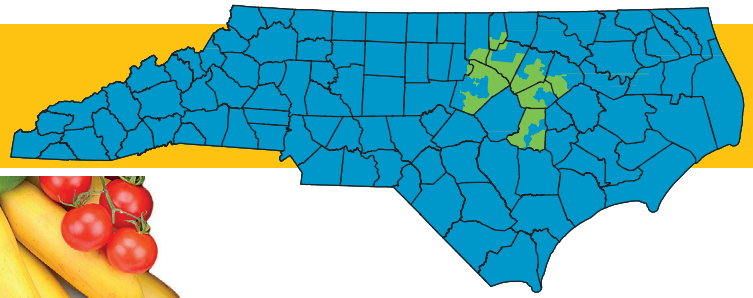




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Congressional District 13 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 13





In 2017: **180** families enrolled in EFNEP
109 participated in 4-H EFNEP
73% 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:

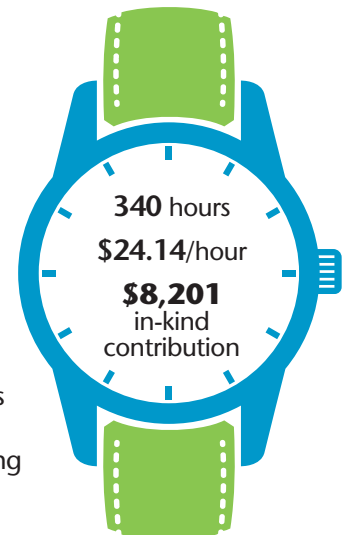
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in District 13

-  **96%** of EFNEP participants improved dietary intake.
-  **70%** now practice daily physical activity.
-  **93%** practice better food resource management.
-  **86%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **57** 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 13 Annual Report


**Congressional District 13
EFNEP programs obtained**


\$29,376

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

EFNEP SUCCESS



 As a result of the hands-on food safety activities of each EFNEP lesson, 86% of participants improved their food safety practices. Participants no longer allow foods to sit at room temperature for more than two hours and are no longer thawing meats on the counter.

 As part of each EFNEP lesson, participants learn simple physical activities that can be incorporated into their day to increase their flexibility, strength, and endurance. EFNEP Educators also share valuable strategies for incorporating physical activity into busy lifestyles. As a result, 70% of participants reported they are now more physically active using the strategies learned through EFNEP.

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 EFNEP program 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.

No More Fast Food

A third grader participating in the EFNEP 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.



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