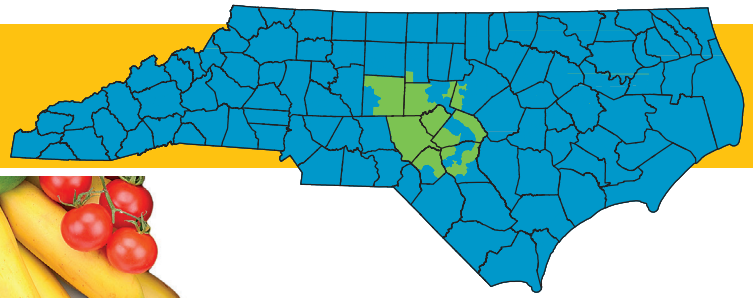




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Congressional District 2 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 2





In 2017: **64** families enrolled in EFNEP  
**726** participated in 4-H EFNEP  
**91%** 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 2

-  **83%** of EFNEP participants improved dietary intake.
-  **35%** now practice daily physical activity.
-  **96%** practice better food resource management.
-  **85%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **56** 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 2 Annual Report

**Congressional District 2  
EFNEP programs obtained**

# \$36,183

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

## EFNEP SUCCESS



Following EFNEP, 85% of graduates followed the recommended practice of not thawing foods at room temperature, and as a result, are reducing their family's risk of foodborne illness.



As a result of EFNEP, a Wake County participant who had recently had a stroke completely improved his eating and lifestyle habits. He and his children have become more active by walking daily and spending more time at the park. After a recent visit to his doctor, the participant learned that he lost 10 pounds. He thanks EFNEP for helping to turn his health around for the better.



## A Second Chance

The Expanded Food and Nutrition Education Program (EFNEP) of the NC Cooperative Extension in Wake County partnered with Centro Cristiano El Sermon Del Monte church to offer nutrition classes to its congregation. Participants learned to control their portions and to plan and prepare healthier meals using EFNEP recipes.

One participant shared that he recently had a stroke, which fortunately, did not do any physical damage to his body. However, his doctors told him that he needed to change his eating and lifestyle habits if he wanted to avoid another incident. Although he didn't particularly enjoy eating vegetables, he knew he had to include them in his diet. By participating in the hands-on food preparation, he was able to see how quick and easy it was to cook meals using lean protein and a lot of vegetables.

As a result of EFNEP, the participant has completely improved his eating and lifestyle habits. He involves himself in the meal planning and food preparation at home. He has also encouraged his children to eat more fruits and vegetables. Moreover, they have become more active by walking daily and spending more time at the park. He feels much healthier and more energetic. After a recent visit to his doctor, the participant learned that he lost 10 pounds. He thanks EFNEP for helping to turn his health around for the better.



## Cooking Confidence

At the beginning of a Wake County EFNEP series, one participant shared that she had a fear of cooking and would resort to buying highly processed pre-made meals. Unfortunately, she never learned to cook and did not know her way around the kitchen or how to read a recipe. While enrolled in EFNEP, the participant learned the basics of food preparation and how to handle a knife safely. During the hands-on food preparation activity, she put into practice what she learned. After each lesson, she continued to gain more confidence in herself and her cooking ability. In addition, she used the skills she learned in the planning lesson to plan weekly meals using grocery store ads and reading nutrition labels.

As a result of the program, the participant is now able to prepare home cooked meals using techniques learned in the classes. She has saved close to \$50 a week by going to the grocery store with a weekly plan, shopping for the ingredients, and cooking them at home with the help of her 12-year-old son. In addition to saving money, she and her family are now eating more vegetables and less fat because they are using EFNEP recipes.

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