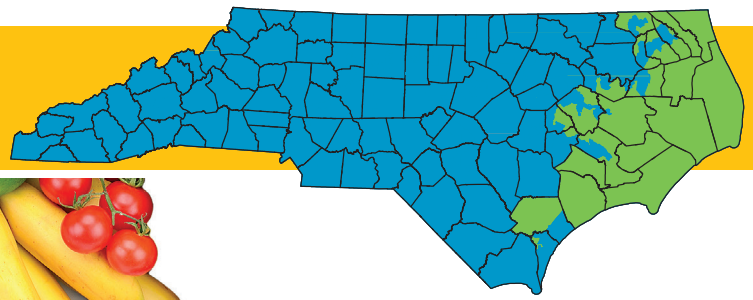




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Congressional District 3 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 3

In 2017: **1,391** families enrolled in EFNEP  
**1,289** participated in 4-H EFNEP  
**99%** 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 3



**88%** of EFNEP participants improved dietary intake.



**64%** now practice daily physical activity.



**92%** practice better food resource management.



**72%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **97** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



**Congressional District 3  
EFNEP programs obtained**

# \$55,098

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

## EFNEP SUCCESS



Reducing solid fats and added sugars is important to reducing one's risk for obesity and many chronic diseases. Onslow County EFNEP participants applied new skills they learned to greatly reduce their risk. An analysis of a 24-hour pre-and post- food recall, revealed that 61% of EFNEP graduates reduced their intake of solid fats and sugars as a result of the program.



Thawing foods at room temperature is an unsafe home food practice that has been passed down for generations. As part of the Pasquotank County EFNEP series of classes, participants learn safe methods for thawing foods to prevent food borne illness. An analysis of pre- and post-evaluation data revealed that as a result of their participation in EFNEP, 83% of participants now thaw foods safely.



## EFNEP Helps Young Mom Get a Fresh Start

The Expanded Food and Nutrition Education Program (EFNEP) can be a catalyst for families trying to get back on their feet with a fresh start. A young mother of three who had recently been released from prison and reunited with her children approached the EFNEP Educator in Lenoir County to ask for help in learning more about how she could stretch her family's food dollars and serve healthy meals at home. She stated that she wanted to "better herself" and be a good example for her children.

However, she was concerned because before the end of each month, she would typically run out of food. She was even more concerned because her children were soon to be out of school for the summer, which meant that her family would face an even greater shortage of food each month. The EFNEP Educator showed her how to plan meals around what was already on sale at the grocery store, helped her develop a grocery list, and taught her how to select the healthiest foods for the lowest cost.

Over the next couple of weeks, the mom reported that she was doing much better. She began to put into practice what the EFNEP Educator had taught her. She was purchasing healthier items for her family, using coupons, making a shopping list (and sticking to it) and frequenting the grocery store only once a week. In just a few weeks the mom reported that she has noticed her food dollars lasting longer and stated that she will now be able to make it through the month.



## EFNEP Gets Youth Moving

Fifth grade students in Chowan County participating in EFNEP learned that physical activity can be fun. One student shared that she didn't realize how simply walking her dog could benefit her health. She also reported that she is now riding her bike and walking her dog a lot more often than she did prior to EFNEP. Along with doing these things herself, she has encouraged her mother to be active with her for fun quality time. Because of EFNEP, there was an astonishing 83% increase of physical activity in the fifth graders who participated in the program.



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