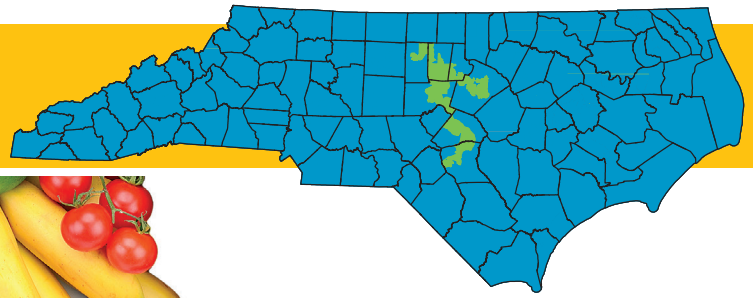




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Congressional District 4 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 4

In 2017: **420** families enrolled in EFNEP  
**1,073** participated in 4-H EFNEP  
**80%** 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 4

 **82%** of EFNEP participants improved dietary intake.

 **40%** now practice daily physical activity.

 **97%** practice better food resource management.

 **84%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **90** 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 4 Annual Report


Congressional District 4  
EFNEP programs obtained


# \$45,784

in funding and support  
from local efforts.

## EFNEP SUCCESS



 Youth participating in EFNEP in Wake County learned the importance of daily physical activity to overall health. Pre- and post- evaluation data reveals that 63 percent of 9th–12th graders who graduated from the program increased their daily physical activity as a result of their participation in EFNEP.

 Pre- and post-evaluation data showed that 65% of youth participating in EFNEP in Orange County 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.

## 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.

## From Processed and Pre-made to Homemade

The NC Cooperative Extension-Orange County's Expanded Food and Nutrition Education Program (EFNEP) partnered with El Centro Hispano of Orange County to teach participants how to make healthier food choices. In a series of classes, participants learned how to prepare foods safely, and plan healthy meals using grocery store ads to save money.

One participant shared that she didn't know how to cook or read a recipe. She had very little time to make home-cooked meals. On most nights, she would prepare boxed macaroni and cheese or canned spaghetti for her family. Enrolling in EFNEP has changed her life and her family's life for the better. During each lesson, she prepared the recipe practicing her food safety and knife skills. She went home and prepared the recipe for her family. After receiving the EFNEP cookbook, she states, "I now prepare all the healthy meals that are in the [cook] book in my home. They are easy, economical, and nutritious."



Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

