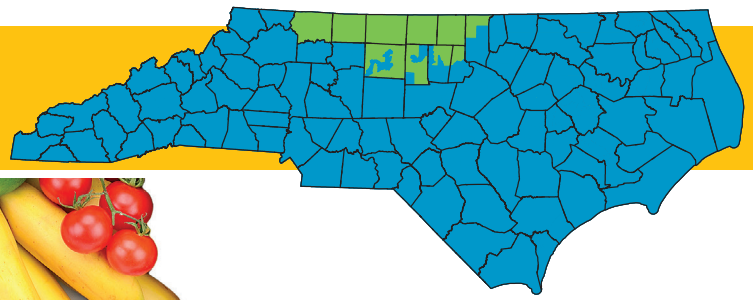




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Congressional District 6 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 6


In 2017: **289** families enrolled in EFNEP  
**329** participated in 4-H EFNEP  
**90%** 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 6

 **80%** of EFNEP participants improved dietary intake.

 **39%** now practice daily physical activity.

 **90%** practice better food resource management.

 **60%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **45** 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 6 Annual Report


Congressional District 6  
EFNEP programs obtained


# \$43,848

in funding and support  
from local efforts.

## EFNEP SUCCESS



 Youth participating in EFNEP in Guilford County learn the four Fight Bac rules: clean, separate, cook, and chill to keep foods safe. Pre- and post-evaluation shows that 62% of youth improved their food safety practices as a result of participation in the program.

 As a result of her participation in EFNEP, one participant in Surry County increased her daily physical activity level from sedentary to moderately active. She now includes 30 – 60 minutes of physical activity as part of her routine most days of the week.



## Making Community Connections

The Expanded Food and Nutrition Education Program (EFNEP) uses the Table for Two curriculum to educate young moms and pregnant teens on the importance of making healthy lifestyle choices during and after pregnancy. Guilford County EFNEP partnered with the Nurse Family Partnership (NFP) to educate young, first-time moms with limited resources. The EFNEP Educator provided a series of nutrition lessons to the young moms. Each session includes a food demonstration and a light physical activity. Because of the partnership, the NFP director has seen some outstanding impacts. Before the partnership, low birth weight was an issue for mothers enrolled in the NFP program. Since partnering with EFNEP all young moms enrolled in EFNEP's Table for Two gave birth to healthy weight babies and all moms also initiated breastfeeding after giving birth. To date all young moms enrolled in the NFP/EFNEP partnership have increased their dairy, fruit and vegetable consumption.

The NFP director stated that this has been an amazing partnership! She has included an overview of EFNEP in her onboarding training when new nurses are hired. Because of this successful partnership, the NFP director has referred other community programs to EFNEP which has led to additional Table for Two classes being held inside the Guilford County Health Department.



## Young Mom Learns to Cook Resulting in More Healthy Meals at Home

A parent of three children did not know how to cook prior to attending EFNEP. Meals for her family were from fast-food restaurants. EFNEP teaches how to stretch the food budget by using simple and quick healthy recipes that help families improve their overall nutrition. Through participation in EFNEP, she learned how to read a recipe and how to cook and eat more meals at home. Throughout the series of classes, the participant's confidence grew. She now cooks for her children at home and also has learned how to involve her children in preparing family meals.



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