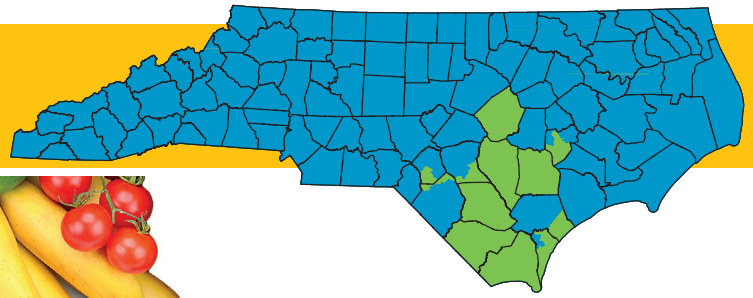




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Congressional District 7 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 7

In 2017: **243** families enrolled in EFNEP
2,417 participated in 4-H EFNEP
64% 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 7



91% of EFNEP participants improved dietary intake.



57% now practice daily physical activity.



85% practice better food resource management.



71% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **177** 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 7 Annual Report


**Congressional District 7
EFNEP programs obtained**


\$70,417

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

EFNEP SUCCESS



 Participants in EFNEP in the 7th District reported saving an average of \$85 dollars on food costs as a result of applying what they learned through EFNEP. Participants learned that planning meals ahead, making a grocery list, and using the shopping strategies learned through EFNEP helped them place healthy food on their family dinner table.

 Youth participating in EFNEP in the 7th Congressional District learn the four Fight Bac rules: clean, separate, cook, and chill to keep foods safe. Pre- and post-evaluation shows that 63% of youth improved their food safety practices as a result of participation in the program.



EFNEP Basics Help Participant with Weight Loss Goal

During one of the EFNEP classes in Brunswick County a participant shared that she did not realize she was consuming bigger portions of food than needed. She stated that before she learned about portion sizes through EFNEP, she was feeling a little discouraged because she wasn't losing much weight. Now she realizes that by changing her portion sizes and including physical activity in her day, she feels confident that she will lose the weight she desires. This caused great excitement in the group and motivation. They plan to keep using the teachings, strategies and recipes received through EFNEP and plan to share their continued progress in meeting their weight loss goals. The coordinator for the partner program also stated that she would promote EFNEP by sharing her group's EFNEP experience with other groups in the county.



Youth Adopt Healthy Activities Following EFNEP

According to the Center for Disease Control and Prevention, one of the behaviors that leads to obesity is the lack of physical activity in children's lives. Columbus County has the worst health ranking in the state of North Carolina. North Carolina Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with Old Dock Elementary School to offer a series of nutrition education classes, each of which included physical activity. The third graders participating in the program learned how to make physical activity fun and how to incorporate physical activity into their everyday routines. At the beginning of the program, students were reporting not being physically active at school or at home. They said they like to watch TV or play video games instead of getting up and moving their bodies. Prior to the program, teachers reported that some students would not play on the playground. The EFNEP Educator taught students how to work in groups when trying to be more physically active. Through teacher observation and student testimonies, students started making changes. They have started playing and being more physically active. Teachers reported students would do exercises learned through EFNEP and one student reported that she has talked her mom into walking with her in the afternoons. Columbus County's EFNEP continued to offer nutrition education that included physical activity throughout the program year. As a result, an analysis of pre- and post- evaluation data showed that 62% of youth have increased their daily physical activity.

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