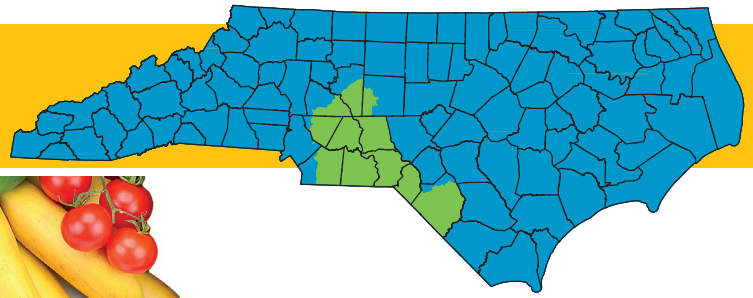




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Congressional District 8 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 8


In 2017: **253** families enrolled in EFNEP  
**2,428** participated in 4-H EFNEP  
**87%** 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 8

-  **92%** of EFNEP participants improved dietary intake.
-  **62%** now practice daily physical activity.
-  **97%** practice better food resource management.
-  **84%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **124** 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 8 Annual Report

Congressional District 8  
EFNEP programs obtained

# \$52,444

in funding and support  
from local efforts.

## EFNEP SUCCESS



Youth participating in EFNEP in Scotland County learned the importance of daily physical activity to overall health. Pre- and post- evaluation data reveals that 70% of participants who graduated from the program increased their daily physical activity as a result of their participation in EFNEP.



Youth participating in EFNEP in the 8th Congressional District learn the four Fight Bac rules: clean, separate, cook, and chill to keep foods safe. Pre- and post- evaluation shows that 48% of youth improved their food safety practices as a result of participation in the program.



## Teens Learn Importance of Eating Healthy

The *Journal of Adolescent Health* reports: "A large percentage of adolescents reported eating less than the recommended amount of vegetables (71%), fruits (55%), and dairy foods (47%)".

North Carolina Cooperative Extension, Cabarrus County's Expanded Food and Nutrition Education Program (EFNEP) partnered with Kannapolis Middle School to deliver a series of hands-on nutrition education classes designed to provide teens with the opportunity to try new foods. Teens were presented information to help them understand how foods from each food group worked together in their bodies for overall good health now and in the future. The students learned that fruits and vegetables contain amazing nutrients that have been found to reduce the risk of cancer and that the calcium abundant in dairy foods is important for bone growth. The students participated in hands-on activities to learn how to make healthy meals and snacks. They tried recipes that included a salsa with added beans and corn; a pizza with a fruit topping, apple slices with yogurt and peanut butter dip, and a variety of vegetables they had not tasted before.

Following the series of EFNEP lessons, one middle school student wrote a thank you letter: "I want to thank you for giving me the opportunity to try new HEALTHY foods. You basically taught me how to live a long healthy life and I thank you for that and I also appreciate you teaching me things I never knew about food till now. I really feel that you made me think about the food I eat."



## Teens Learn Valuable Skills to Stay Food Secure

High school students in low income families often are responsible for helping select and prepare foods for their family. During these pre-adult years, learning skills to help them be responsible managers of the family's food resources is critical. Evaluation data shows that 100% of 9th-12th grade participants improved skills to help assure their food security throughout the month as a result of EFNEP.



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