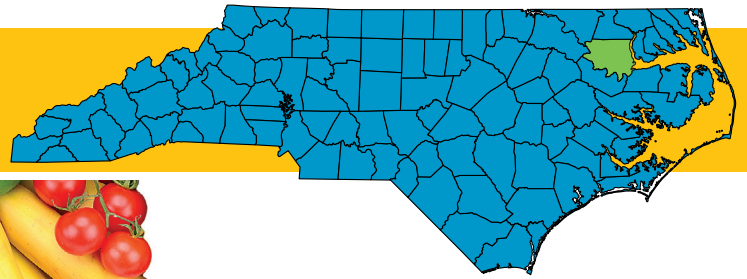




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Bertie County 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



3%
Caucasian

93%
African
American

4%
Other

3%
Hispanic

97%
Non
Hispanic

EFNEP Reaches Diverse Audiences in Bertie County

In 2017: **71** families enrolled in EFNEP
672 participated in 4-H EFNEP
83% 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 Bertie County



99% of EFNEP participants improved dietary intake.



52% now practice daily physical activity.



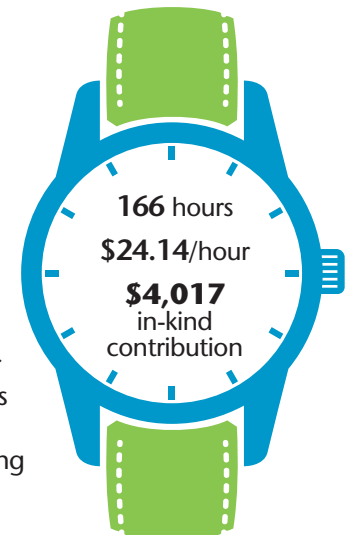
86% practice better food resource management.



77% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **38** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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Bertie County
EFNEP programs obtained

\$22,000

in funding and support
from local efforts.

EFNEP SUCCESS



His doctor said that he added years to his life. He thanked EFNEP for changing his life.



EFNEP Gets People Walking

Daily exercise has many benefits such as improving mood, strengthening bones and muscles, and reducing the risk for many diseases. However, some children do not get the daily exercise that they need. Many second graders in the Colerain Elementary School admitted that they would go home and sit around watching TV together after school before participating in the Bertie County Expanded Food and Nutrition Education Program (EFNEP). By participating in this youth program, the second-grade students learned about the true importance of physical activity and how beneficial it is for families as a whole. Children can even reduce their risk of Type 2 Diabetes and decrease their blood pressure and cholesterol levels. By learning the multiple benefits of physical activity, the second graders at Colerain Elementary School got their parents involved in physical activity as well. The parents incorporated physical activities into their family time. One family added daily walks into their routine because their daughter participated in the EFNEP. She was overweight and wanted to lose weight but did not want to start dieting at the age of 10. She started to lose weight by walking on a daily basis and eventually lost almost 15 pounds. By influencing her parents to start walking with her, her mom lost 20 pounds and her dad lost 39 pounds. The mother also started preparing more meals at home because of EFNEP as well. The EFNEP encouraged the whole family to get active and they benefitted greatly.



EFNEP Reduces Diabetes Risk

A male participant in EFNEP had been diagnosed with diabetes several years ago and was taking up to six shots of insulin a day. During class, the EFNEP Educator observed that he was drinking several cups of coffee and several sodas every class. The Educator suggested that he eliminate the soda and only drink the coffee black. This process took several months to accomplish. But with determination and hard work, he eliminated the sodas and only drank his coffee black. He even added multiple bottles of water a day to his diet. It was a long journey but the amount of insulin that he needs was greatly reduced. He now regulates his diet and has informed the EFNEP Educator that he has added a daily exercise routine as well. His doctor said that he added years to his life. He thanked EFNEP for changing his life.

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