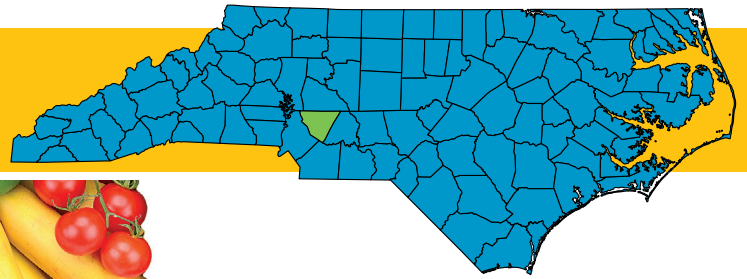




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Cabarrus 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



In 2017: 749 youth participated in 4-H EFNEP in Cabarrus county

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 Cabarrus County



85% of EFNEP participants improved dietary intake.



49% now practice daily physical activity.



46% practice better food resource management.



48% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **8** 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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Cabarrus County
EFNEP programs obtained

\$15,558

in funding and support
from local efforts.

EFNEP SUCCESS



5th Graders Make Big Changes

In an EFNEP series of classes for 5th graders at Kannapolis School, students learned how to use MyPlate and food labels to select healthy foods. A total of 366 students participated in the program. An analysis of pre- and post evaluation data showed that 83% of the youth improved their ability to choose healthy foods as a result of their 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 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."



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