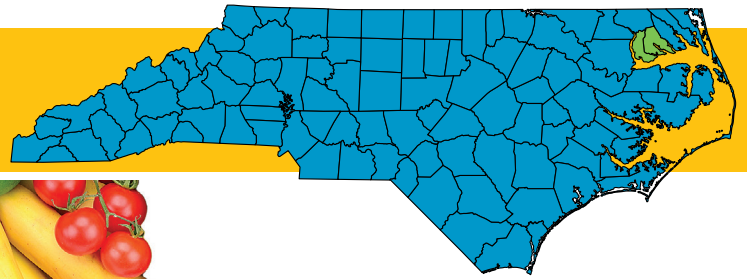




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Chowan and Perquimans Counties Report

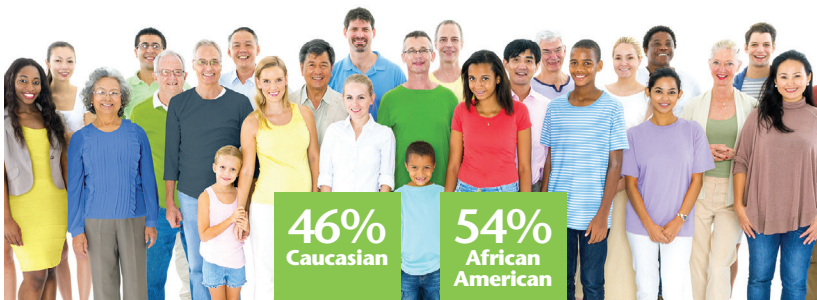
North Carolina's Challenges

- 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 Chowan and Perquimans Counties


In 2017: **13** families enrolled in EFNEP
1,339 participated in 4-H EFNEP
100% 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 Chowan and Perquimans Counties

 **100%** of EFNEP participants improved dietary intake.

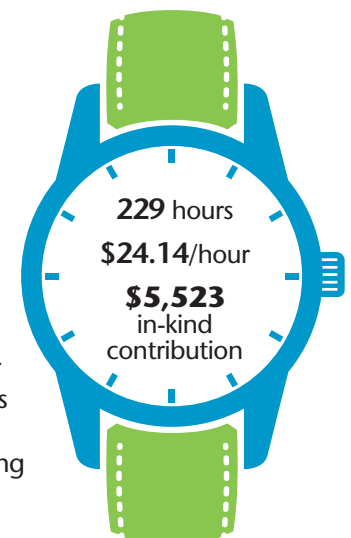
 **8%** now practice daily physical activity.

 **92%** practice better food resource management.

 **77%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **41** 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 Chowan and Perquimans Counties Report

Chowan and Perquimans Counties
EFNEP programs obtained

\$18,308

in funding and support
from local efforts.

EFNEP SUCCESS



Because of EFNEP, there was a surprising 83% increase of physical activity in the fifth graders who participated in the program.



EFNEP Serves Up Good Health

Cutting down on junk foods and controlling your portion sizes can have many positive health benefits. It can improve mood, sleep, and metabolism, however, some people are not aware that they are overeating. Many fifth graders in the Hertford Grammar School in Perquimans County admitted to not being very active, eating bigger portions, and not thinking of the consequences of their actions. The Expanded Food and Nutrition Education Program (EFNEP) implemented a “Show Me Nutrition” curriculum into the Hertford Grammar School. The fifth graders were taught about the food groups, serving sizes, food safety, and physical activity. One of the fifth graders that participated in EFNEP lost 15 pounds over the summer by reducing his portion sizes of foods and being more active. His dad is a chef and he was overweight for his age/height. He loved to eat and didn’t like vegetables very much. After participating in EFNEP, he became more active, started to eat healthier foods, and started eating less. His dad even started serving healthier food choices at home because his son was making so many positive changes. EFNEP made a positive difference in the way this whole family ate their meals.



EFNEP Gets Youth Moving

Fifth grade students participating in EFNEP learned that physical activity can be fun. One student shared that she didn’t realize how simply walking her dog could benefit her health. She also reported that she is now riding her bike and walking her dog a lot more often than she did prior to EFNEP. Along with doing these things herself, she has encouraged her mother to be active with her for fun quality time. Because of EFNEP, there was a surprising 83% increase of physical activity in the fifth graders who participated in the program.

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