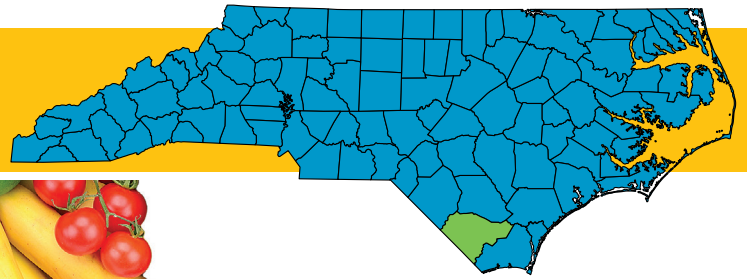




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Columbus 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: **935** youth participated in  
4-H EFNEP in Columbus 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 Columbus County



**95%** of EFNEP participants improved dietary intake.



**62%** now practice daily physical activity.



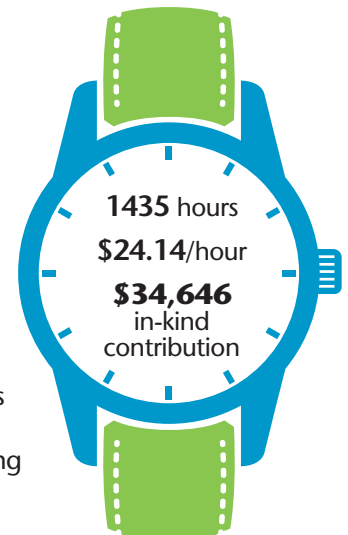
**85%** practice better food resource management.



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

### Volunteers Strengthen EFNEP

In 2017, **87** 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 Columbus County Report

Columbus County  
EFNEP programs obtained

# \$13,574

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Youth Set Goals for Better Health

North Carolina Cooperative Extension Columbus County's EFNEP teamed up with Acme Delco Elementary School to teach fourth graders how to set nutrition goals including reducing sugary drinks. Prior to the program, several students reported that they always have soft drinks every day after school. EFNEP taught students how to make changes and set goals to incorporate healthier drink options. Each week students aimed to substitute water for a sugary soft drink. Following the program, peer to teacher reports and goal surveying revealed that students participating in EFNEP were drinking water instead of a sugary soft drink at least three days a week after school.



### Youth Adopt Healthy Activities Following EFNEP

According to the Centers 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. Youth are becoming more commonly overweight and obese with each passing year. North Carolina Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP), recognizing this need, partnered with Old Dock Elementary School to offer a series of nutrition education classes, each of which included physical activity to involve the youth. 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 physical 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 were even reporting that some students would not play on the playground. The EFNEP Educator taught students how to work in groups when trying to be more physical active. She incorporated music, dancing, and team work activities. Through teacher observation and student testimonies, students started making changes. They have started playing and being more physical active. Children started asking others to play on the playground. 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. North Carolina Cooperative Extension and Columbus County's EFNEP continued to offer nutrition education that included teaching youth to be physically active throughout the program year. As a result, an analysis of pre- and post evaluation data showed that 62% of youth participating in EFNEP have increased their daily physical activity. Making physical activities fun will help students make lifestyle decisions to be active adults.



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