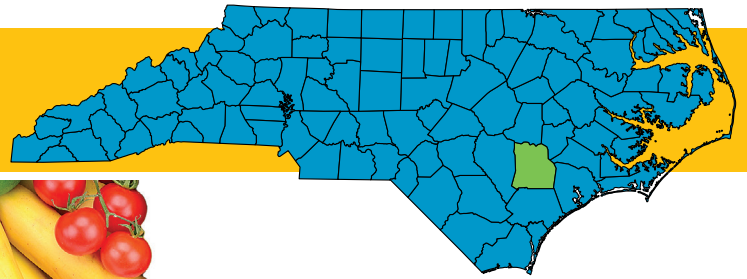




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Duplin 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: **1,258** youth participated in 4-H EFNEP in Duplin 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 Duplin County



**88%** of EFNEP participants improved dietary intake.



**52%** now practice daily physical activity.



**50%** practice better food resource management.



**53%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **30** 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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Duplin County  
EFNEP programs obtained

# \$21,200

in funding and support  
from local efforts.

## EFNEP SUCCESS



An EFNEP Educator provided training to a teen volunteer interested in working with the program. As the volunteer's skills developed, she was asked to lead younger children in the preparation of recipes as part of the program.



## EFNEP Helps Afterschool Program Offer Healthier Options

In Duplin County, a program director of an afterschool and summer camp program reached out to the EFNEP Educator to ask that she offer a series of EFNEP lessons in each of the afterschool and summer camp facilities she directed. The program director identified EFNEP as a valuable resource to teach youth in her program about healthy eating and the importance of physical activity. The program director warned that the EFNEP Educator would likely receive some resistance from the youth because of their current nutritional behaviors. The program director stated that the youth in her program were used to not drinking water. They were also used to eating lunch packs that contained larger amounts of sugar and sodium.

Throughout each six-lesson series, the EFNEP Educator introduced fresh fruits and vegetables. The youth enjoyed the fun and interactive curriculum. EFNEP teaches six lessons that introduce the basic nutrition and physical activity principles found in USDA's MyPlate. Specifically, EFNEP teaches youth how to plan and prepare healthy meals and snacks based on the five basic food groups, read the Nutrition Facts labels found on food products to determine nutrient content, and use safe food handling practices. The lessons also share information about the health benefits of being physically active each day, and youth learn how to make a healthy recipe with each lesson.

Following EFNEP, the program director stated that EFNEP had helped to make the life of her youth participants better. Using the tips from EFNEP, the coordinator has incorporated reading labels and she uses more fruits and veggies in the meals and snacks offered through her program. Also, there is a snack schedule listed. With a referral from the EFNEP Educator, she started applying for grants to secure fresh fruits and vegetables through the food bank and was awarded one to receive hot meals with fresh fruits and vegetables at no cost to the facility or the youth. These meals were lower in salt and sugar than the youth had been eating previously. The program director was able to change the menus to support healthy eating habits for the youth enrolled in her program. Now more than ever, she is aware of the unhealthy foods she was previously allowing the youth to eat and is now choosing 1% milk instead of whole milk and drinks less soda and other sugar-sweetened beverages.

The program director loved the curriculum so much that she has told as many of her colleagues within the county about the program and how much it has helped them. The result is a built-in referral system for the program.

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