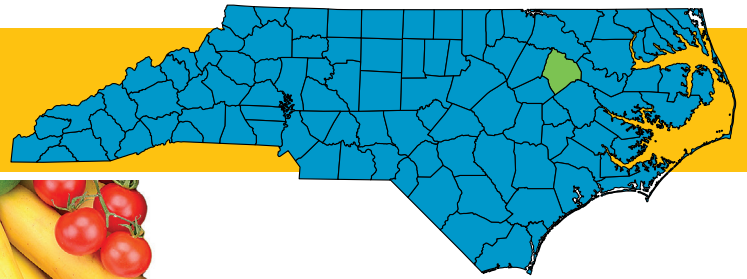




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Edgecombe 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



EFNEP Reaches Diverse Audiences in Edgecombe County

In 2017: **51** families enrolled in EFNEP
217 participated in 4-H EFNEP
94% 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 Edgecombe County



92% of EFNEP participants improved dietary intake.



60% now practice daily physical activity.



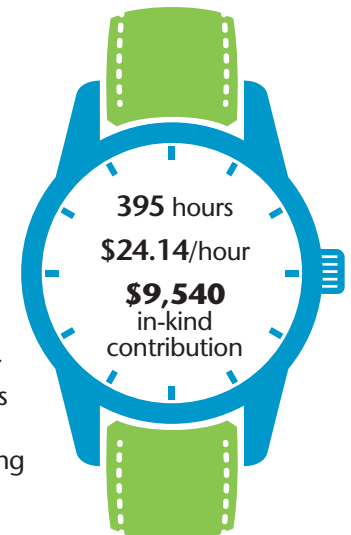
98% practice better food resource management.



86% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **26** 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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Edgecombe County
EFNEP programs obtained

\$12,345

in funding and support
from local efforts.

EFNEP SUCCESS



Thanks to skills she learned through EFNEP, she has been able to make ends meet under the most challenging of circumstances.



EFNEP Teaches Kids to Snack Smart

Few students practice good nutrition and daily physical activity in the summertime. Luckily, in Edgecombe County, the Expanded Food and Nutrition Education Program (EFNEP), a part of Cooperative Extension, offered a series of nutrition education classes for children participating in the Memorial Library's Summer Reading Program. EFNEP provided six weeks of nutrition education classes for the students and even had hands-on cooking as well. During the series, children learned how to eat according to MyPlate and the importance of good nutrition, portion control, physical activity, and preparing easy and healthy snacks.

One parent whose two children participated in EFNEP stated that her 7- and 9-year-old children drank sodas and didn't eat many fruits and vegetables prior to participating in EFNEP. She stated that she tried to get them to change, but she had no luck. After her children participated in EFNEP, she reported that her children now ask her to buy more fruits and vegetables. Both children are also drinking more water instead of sodas, too. She said her kids learned how to make healthy snacks such as fruit cups with yogurt, smoothies, and vegetables with low-fat dip through EFNEP and that they made these snacks at home. She was very pleased with how both of her children were also more willing to try new foods during the program. Because of EFNEP, these children learned to try new foods, make healthy snacks, stay hydrated, and move more.



EFNEP Changes Lives

People with limited resources who have children struggle to put healthy food on the table while on a budget. One EFNEP participant in Edgecombe County faced multiple challenges. She had recently lost her husband and found herself as the sole caregiver to both her handicapped son and an aging parent. She had never even thought of eating healthy, reading food labels, or exercise until her participation in EFNEP through her worksite. After the loss of her husband, she realized the importance of being healthy enough to take care of the other people in her family. She is now making her own grocery list, using coupons and reading nutrition labels while shopping for her family's food. Her family loves the EFNEP recipes that she prepares at home. Thanks to skills she learned through EFNEP, she has been able to make ends meet under the most challenging of circumstances.

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