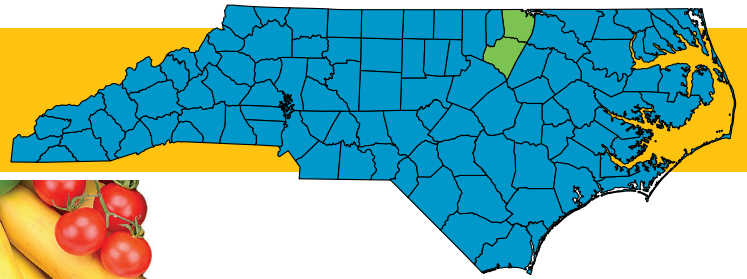




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Franklin and Warren 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 Franklin and Warren Counties


In 2017: **33** families enrolled in EFNEP  
**141** 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 Franklin and Warren Counties

 **89%** of EFNEP participants improved dietary intake.

 **46%** now practice daily physical activity.

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

 **54%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **15** 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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Franklin and Warren Counties  
EFNEP programs obtained

# \$15,588

in funding and support  
from local efforts.

## EFNEP SUCCESS



After a third grader participated in the *Show Me Nutrition Program*, the whole family is excited to be eating less fast food and more home cooked, healthy meals.



### No More Fast Food

A third grader participating in the *Show Me Nutrition Program* recently shared how the information she was learning not only helped her but helped her entire family. For years prior, the family had eaten fast food left over from the restaurant her mother worked at for each meal. Fruit and vegetables were non-existent in her diet. Yet when her daughter started bringing home recipes she had learned during the school day from the EFNEP Educator, all of this began to change. The mother began preparing the recipes rather than simply serving fast food. Not only were the recipes healthy, but they also tasted delicious. Her mother's favorite recipe to prepare is EFNEP's Easy Fruit Salad and because of this and other dietary changes, her mother is now wearing a smaller clothing size. The whole family is excited to be eating less fast food and more home cooked, healthy meals.



### Mom and Daughter Benefit from EFNEP

During an EFNEP class, one participant shared with the group that the program had significantly improved the quality of life for her family. She went on to explain that she was not the sole recipient of the EFNEP lessons in her family as her 10-year-old daughter was involved in the program as well in the local school system. As her daughter had become more engaged in the EFNEP through her school, her mother had begun to see a significant change in her behavior. In the past, her daughter had fussed and complained when she had to accompany her mother to the grocery store. But now, because of what she learned in the program, her daughter is eager to go to the store and help assist her mother to be sure that their family eats healthy meals. Her daughter enjoys selecting fruits and vegetables for the week and thanks to her newfound enthusiasm, the entire family is eating more fruits and vegetables and less junk food.

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