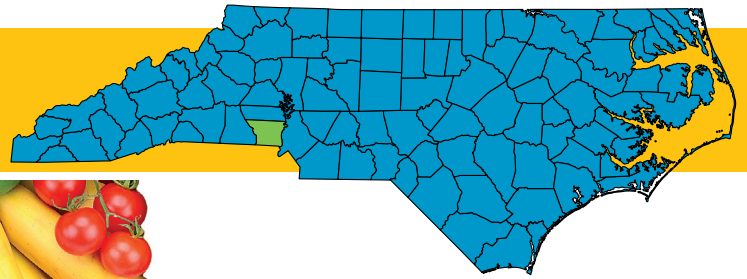




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Gaston 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 Gaston County

In 2017: **31** families enrolled in EFNEP
569 participated in 4-H EFNEP
61% 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 Gaston County



92% of EFNEP participants improved dietary intake.



33% now practice daily physical activity.



77% practice better food resource management.



60% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **38** 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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Gaston County
EFNEP programs obtained

\$16,950

in funding and support
from local efforts.

EFNEP SUCCESS



During the 2017 reporting year, 100% of participants in Gaston County made dietary improvements, with 60% increasing fruit intake and 40% increasing vegetable intake.



Recent Graduate Shares with New Participants the Value of EFNEP

In Gaston County, a participant came to EFNEP eagerly seeking to learn more about what it means to make healthy choices and to be empowered to provide herself and her family with nutritious meals on a limited budget. This participant attended a ten-lesson series of classes focusing on planning healthy meals, managing food resources, physical activity and food safety. During each class, the participant was excited to report to the EFNEP Educator the ways in which she had applied the lessons learned, and the positive responses that her family had to the new recipes she was trying.

Prior to EFNEP, this mother was unfamiliar with MyPlate and the recommendations for fruit and vegetable consumption. She wasn't confident in her understanding of, or ability to build a healthy, balanced plate, or even properly identify which foods were considered fruits and vegetables. By graduation, she felt empowered and excited to create healthy meals. She even reported that she was adding additional vegetables to the EFNEP recipes to increase her and her family's vegetable intake even further.

A few months following her graduation from the program, the participant stopped by during a series with a separate group of participants. She told the new class how much she loved EFNEP and what a great program it was. She was still using the cookbook and had many more recipes she was excited to try. She even said that her son would comment on the nutritional value of the meals she prepared and the drink choices they made as a family, asking to continue to be provided with healthy options at each meal, as she had involved her whole family in what she was learning.



EFNEP Participants Increase Fruits and Vegetables

According to a CDC article published in 2015, between 2007-2010, "half of the total US population consumed <1 cup of fruit and <1.5 cups of vegetables daily; 76% did not meet fruit intake recommendations, and 87% did not meet vegetable intake recommendations". EFNEP helps families learn practical knowledge and skills to improve their dietary intake. During the 2017 reporting year, 100% of participants in Gaston County made dietary improvements, with 60% increasing fruit intake and 40% increasing vegetable intake.

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