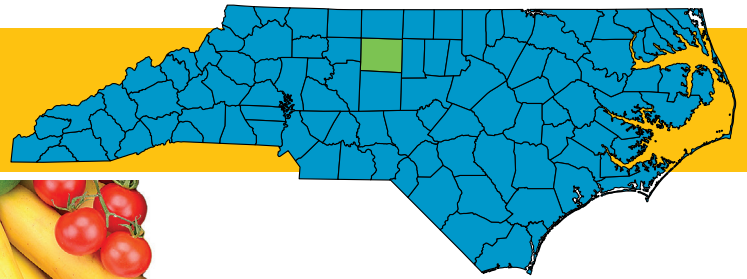




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Guilford 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 Guilford County


In 2017: **103** families enrolled in EFNEP  
**654** participated in 4-H EFNEP  
**65%** 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 Guilford County

 **98%** of EFNEP participants improved dietary intake.

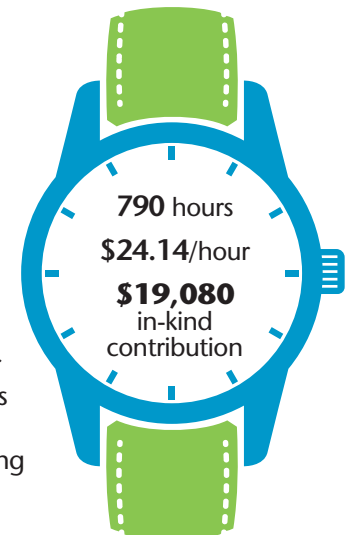
 **24%** now practice daily physical activity.

 **82%** practice better food resource management.

 **56%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **45** 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 Guilford County Report

Guilford County  
EFNEP programs obtained

# \$67,071

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Taking the Sweet Out of Sweet Tea

One participant shared that she drank homemade sweet tea between 8 and 10 times a day. She didn't realize this was bad for her health. After seeing how many teaspoons of sugar she was consuming every day, she knew she needed a change. During one of the lessons, she had the opportunity to taste fruit-infused water and unsweet tea flavored with lemon juice. To her surprise, she loved it! As a result of EFNEP, she has greatly reduced her sweet tea intake down to zero a day! Instead, she's drinking more water and unsweetened beverages.



### Making Community Connections

According to the Guilford County Department of Public Health–Community Health Assessment, poor birth outcomes are a significant problem for Guilford County, with rates of infant mortality and low birth weight considerably higher than national benchmarks and objectives. Preconception health and healthy lifestyle during pregnancy are important factors influencing birth outcomes. Major disparities exist for birth outcomes. African-Americans experience preterm birth, low and very low birth weight and infant mortality at substantially higher rates than whites. Low birth weight and preterm births as well as teen pregnancies occur at higher rates in areas of the county characterized by higher rates of poverty and unemployment, and low educational attainment.

The Expanded Food and Nutrition Education Program (EFNEP) uses the Table for Two curriculum to educate young moms and pregnant teens on the importance of making healthy lifestyle choices during and after pregnancy. Guilford County EFNEP partnered with Nurse Family Partnership (NFP) to educate young first-time moms with limited resources. The partnership is going on its second year. The Guilford County EFNEP Educator provides a series of 6–9 lessons to the young moms. The lessons are carried out in a group setting or during a home visit. Each session includes a food demonstration and a light physical activity.

Because of the partnership, the NFP director has seen some outstanding impacts. Before the partnership low birth weight was an issue for mothers enrolled in the NFP program. Since partnering with EFNEP all young moms enrolled in EFNEP's Table for Two gave birth to healthy weight babies and all moms also initiated breastfeeding after giving birth. To date all young moms enrolled in the NFP/EFNEP partnership have increase their dairy and fruit and vegetable consumption.

The NFP director stated that this has been an amazing partnership! She has included an overview of EFNEP in her onboarding training when new nurses are hired. Because of this successful partnership, the NFP director has referred other community programs to EFNEP which has led to additional Table for Two classes being held inside the Guilford County Health Department.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

