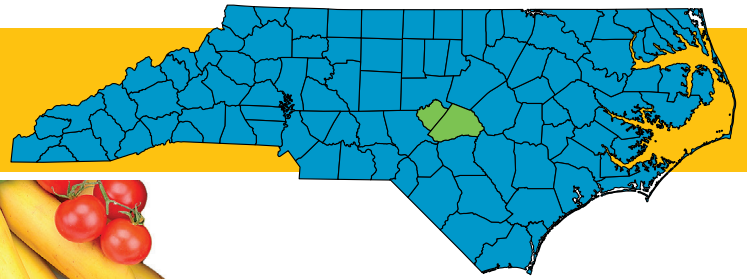




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Harnett and Lee 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 Harnett and Lee Counties

In 2017: **13** families enrolled in EFNEP
1,077 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 Harnett and Lee Counties

- 80%** of EFNEP participants improved dietary intake.
- 20%** now practice daily physical activity.
- 100%** practice better food resource management.
- 40%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **56** 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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Harnett and Lee Counties
EFNEP programs obtained

\$20,178

in funding and support
from local efforts.

EFNEP SUCCESS



Healthy Hand Kids

Handwashing education in the community, reduces the number of people who get sick with diarrhea by 31%, reduces diarrheal illness in people with weakened immune systems by 58%, reduces respiratory illnesses, like colds, in the general population by 21%. Over 240 youth at Boone Trail Elementary School in Harnett County learn how important it is to wash your hands and how washing hands stops the spread of germs. The Educator used the glow-germ kit to show how easily germs can spread. The students were surprised when they placed their hands under the black light and saw the germs on their hands. With this knowledge, the students will miss less school-work days and also save parents money on less visits to the doctor for illnesses.



EFNEP Helps Families Increase Fruits and Vegetables

Through a new partnership with the Centers for Disease Control (CDC), NC State University and Lee County Cooperative Extension, the Expanded Food and Nutrition Education Program (EFNEP) is delivering direct nutrition education to low-income families with children as part of the Health Matters project. The project is just starting, but already has had an impact on families. EFNEP coordinated classes with the Coalition for Families in Lee County to help young mothers learn knowledge, skills, and strategies to help them eat smart and move more. This includes learning ways to increase the consumption of fruits and vegetables as part of a daily healthy diet.

One participant, a mother of four children, could not make her teenager eat vegetables of any kind. She had tried to introduce vegetables in different forms without success. Mother and daughter both participated in EFNEP. With each of the lessons the mother and daughter, along with the other participants engaged in hands-on activities to enhance their learning experience. Following her experience with EFNEP, the reluctant teenager has started to introduce vegetables into her diet. She, along with her mother, are acting as role models for her younger siblings. Pre- and post-evaluation data for the entire group reveals this group of participants made drastic improvements in their diet with 60% improving their vegetable intake and 80% improving their fruit intake.



Young Mom Learns to Cook Resulting in More Healthy Meals at Home

A parent of three children did not know how to cook prior to attending EFNEP. Meals for her family were from fast-food restaurants. EFNEP teaches how to stretch the food budget by using simple and quick healthy recipes that help families improve their overall nutrition. Through participation in EFNEP, she learned how to read a recipe and how to cook and eat more meals at home. Throughout the series of classes, the participant's confidence grew. She now cooks for her children at home and also has learned how to involve her children in preparing the family meals.



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