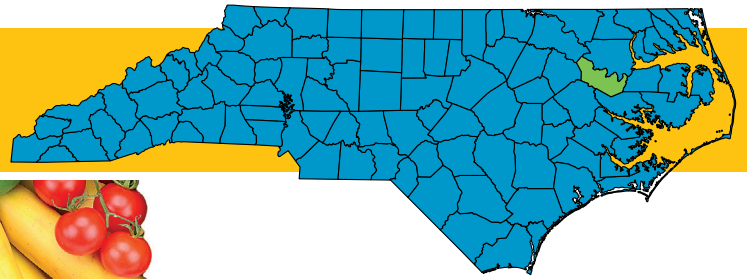




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Martin 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



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 Martin County



100% of EFNEP participants improved dietary intake.



52% now practice daily physical activity.



67% have improved their food safety habits.

In 2017: **11** families enrolled in EFNEP
27 participated in 4-H EFNEP
91% of EFNEP participants enrolled in one or more food assistance programs.

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Martin County
EFNEP programs obtained

\$23,646

in funding and support
from local efforts.

EFNEP SUCCESS



Youth Made Big Improvements in Food Safety

Pre- and post-evaluation data showed that 67% of youth participating in EFNEP this past year improved their use of safe food handling practices and their knowledge of food safety. Practicing safe food handling techniques is an important part of reducing the risk of foodborne illnesses.



Benefits of New Moms Breastfeeding

The American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists, strongly recommend breastfeeding. Studies show that there are many benefits of breastfeeding newborn babies. It has been proven that breast milk provides the ideal nutrition for infants. Breast milk is provided in a form more easily digested by infants than infant formula and has a nearly perfect mix of vitamins, protein, and fat. Breastfeeding lowers baby's risk of having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.

The Martin County EFNEP Educator developed a working relationship with the local Health Department to reach young moms. The Educator used EFNEP's Table for Two curriculum. The Table for Two classes enables expecting mothers and parenting moms to be confident and also make healthy meal and lifestyle choices for their growing families.

The Martin County class consisted of 6 young, expecting moms. In the class, the EFNEP Educator discussed many topics pertaining to the mothers' new babies. One of the topics discussed was making the decision to breastfeed their babies after giving birth. The EFNEP Educator informed the group that the decision was up to them, but they should at least consider breastfeeding their babies. The EFNEP Educator was surprised by the moms-to-be, because they had so many inquiries about breastfeeding. Many of them admitted that they were not considering breastfeeding their babies. They discussed hearing rumors and myths of breastfeeding being extremely painful. The EFNEP Educator reassured the group that breastfeeding is definitely an enjoyable experience and not as bad as they had previously heard about from friends and family members. The EFNEP Educator requested that all the moms-to-be try to breastfeed their babies at least once. This way, they could make up their own minds about whether or not to breastfeed. By the end of the Table for Two sessions all the moms committed to try breastfeeding for themselves instead of going off other people experiences.

Three months after the Table for Two sessions ended, the Health Department's nutritionist shared that she was delighted to inform the EFNEP Educator that from the mothers who attended her Table for Two classes, five out of six actually started breastfeeding their new baby. She thanked the EFNEP Educator for her continuous encouragement to the young moms. EFNEP helped these young mothers make an important decision for the health of their new baby and for themselves.

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