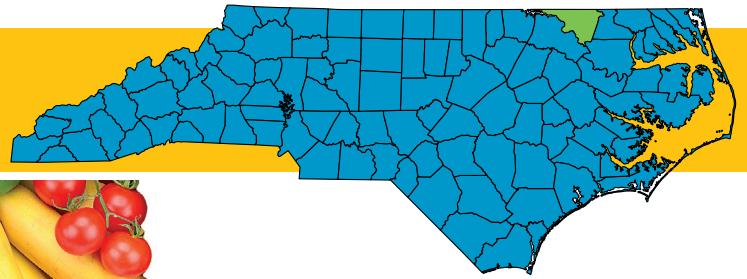




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Northhampton 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 Northhampton County

In 2017: **119** families enrolled in 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 Northhampton County



98% of EFNEP participants improved dietary intake.



70% now practice daily physical activity.



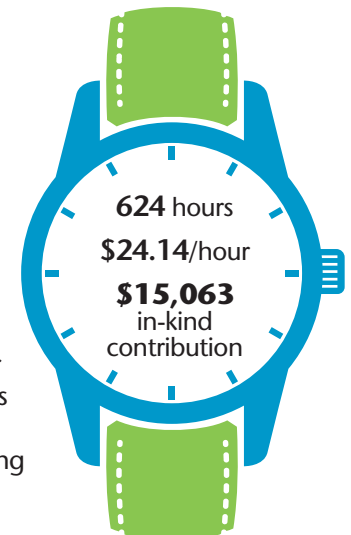
98% practice better food resource management.



81% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **26** 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 Northampton County Report

Northampton County
EFNEP programs obtained

\$24,115

in funding and support
from local efforts.

EFNEP SUCCESS



Cooking More Meals at Home

After completing the program, one participant, a single mother, started she is now cooking more meals at home and using the EFNEP recipes. She also started planning her meals in advance using the EFNEP cookbook, and prepared a shopping list to control her food budget. She has even influenced other members of her family to start cooking from home as well. Now, she makes EFNEP's Oven Baked Chicken Nuggets instead of purchasing fast food or frozen nuggets. She and her family are now eating and living healthier because of what she learned from EFNEP.



EFNEP Lends a Helping Hand

Physical activity on a daily basis can improve coordination and balance, improve mood, and help to maintain a healthy weight. However, for many people, it is a challenge to include some or any type of physical activity into their day and to do that safely.

A grandmother raising three grandchildren stated that the battle she faced was being in the mood to do physical activity. She had walked or jogged almost every day for many years prior to a fall down the stairs that resulted in a broken ankle at age 55. Although she had completed physical therapy, she found it difficult to reintroduce activity into her day and because of the fall, did not feel safe being active as she had in the past. After learning about EFNEP, she contacted the EFNEP Educator in Northampton County to see what she could do about including physical activity in her day and joined an EFNEP class.

In the EFNEP classes, she learned the importance of doing daily physical activity and also learned how to eat healthier as well. Upon learning the participant's feelings regarding personal safety during exercise, the EFNEP Educator shared with the participant a resource in her community that offered the opportunity for community residents to be physically active. The EFNEP Educator suggested to the participant that she utilize the equipment at the facility which offered a safe environment to be active and that she consider walking on one of the Center's treadmills as a regular part of her daily activity. Taking the EFNEP Educator's suggestion to heart, the participant now goes to the local Center and walks on the treadmill each day after work. The participant shared with the EFNEP Educator that she still misses the fresh air, but that she does not worry about falling. She also has reported that she has her stamina back. She said that the treadmill has added both strength and balance to her routine and that she is in better shape now than before her fall. In addition to getting back to a daily physical activity routine, this participant applied other lessons she learned through EFNEP. She started preparing and carrying her own lunch to work so she will not be tempted by the high calorie, high fat, and high sodium foods she had been eating at fast foods or picking up from convenient stores. She feels great now and thanked EFNEP for helping her not give up.



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