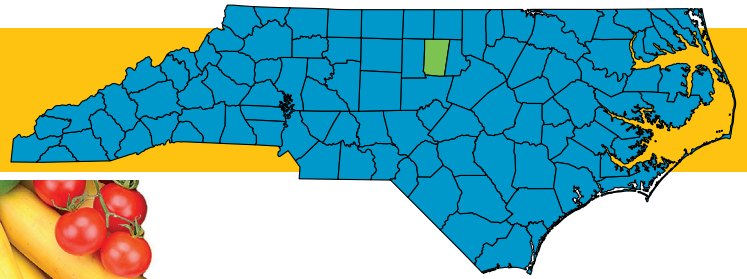




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Orange 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 Orange County

In 2017: **189** families enrolled in EFNEP
589 participated in 4-H EFNEP
86% 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 Orange County



99% of EFNEP participants improved dietary intake.



61% now practice daily physical activity.



96% practice better food resource management.



86% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **75** 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 Orange County Report

Orange County
EFNEP programs obtained

\$44,910

in funding and support
from local efforts.

EFNEP SUCCESS



Due to EFNEP's partnership, Orange County Cooperative Extension is now recognized as an approved program provider of the North Carolina Coastal Pines Girl Scouts.



From Processed and Pre-made to Homemade

Diets high in processed and pre-made foods tend to also be high in sugars and/or saturated fat and low in fiber, vitamins and minerals. The 2015 Dietary Guidelines for Americans states that three fourths of the population aren't eating enough fruits and vegetables. A report from the Healthy Carolinians of Orange County showed that only 1 in 5 adults are eating 5 or more servings of vegetables a day. Thus, the county's top priority is addressing the nutritional health of its citizens.

The NC Cooperative Extension-Orange County's Expanded Food and Nutrition Education Program (EFNEP) partnered with El Centro Hispano of Orange County to teach participants how to make healthier food choices. In a series of classes, participants learned how to prepare foods safely, and plan healthy meals using grocery store ads to save money.

One participant shared that she didn't know how to cook or read a recipe. Because she worked, she had very little time to make home-cooked meals. On most nights, she would prepare boxed macaroni and cheese or canned spaghetti for her family. Enrolling in EFNEP has changed her life and her family's life for the better. During each lesson, she prepared the recipe practicing her food safety and knife skills. She went home and prepared the recipe for her family. After receiving the EFNEP cookbook, she states, "I now prepare all the healthy meals that are in the [cook] book in my home. They are easy, economical, and nutritious."



Helping Youth to Improve their Health

The Family Success Alliance, Girl Scouts of North Carolina Coastal Pines, and Orange County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) collaborated with two community troops to provide health and nutrition education to improve the well-being of the girl scouts.

As a result of EFNEP, the girl scouts earned their Make Every Step Count healthy living badge. They also learned that foods for donations should be as healthy as possible with low to no sodium and high in vitamins and minerals. Due to EFNEP's partnership, Orange County Cooperative Extension is now recognized as an approved program provider of the North Carolina Coastal Pines Girl Scouts.

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