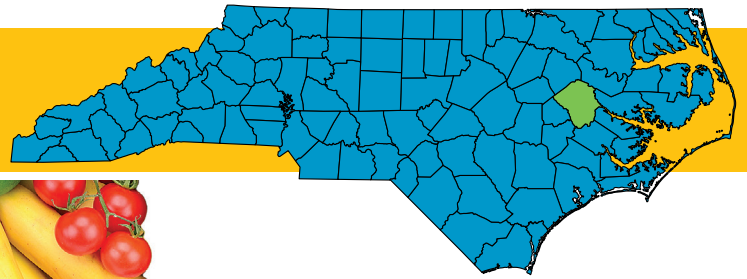




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Pitt 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 Pitt County




In 2017: **32** families enrolled in EFNEP
1,166 participated in 4-H EFNEP
88% 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:

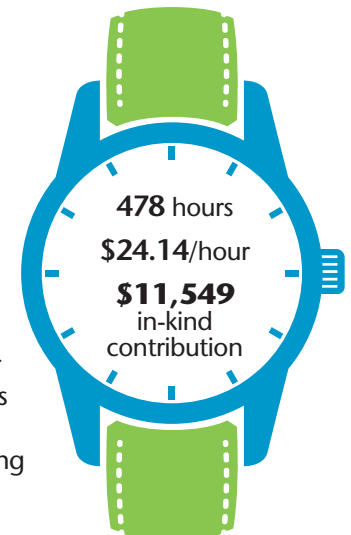
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Pitt County

-  **69%** of EFNEP participants improved dietary intake.
-  **6%** now practice daily physical activity.
-  **56%** practice better food resource management.
-  **44%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **65** 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 Pitt County Report

**Pitt County
EFNEP programs obtained**

\$30,642

**in funding and support
from local efforts.**

EFNEP SUCCESS



EFNEP Educates and Impacts Students

One student who participated in EFNEP stated that before the program, she was not a big fan of eating well-balanced meals and didn't go outside much. Following participation in the EFNEP series of classes, the same student reported that she is now more conscious of what she eats. She stated that she is eating healthier snacks and ensures that a variety of food is on her plate. She is also more physically active and walks in her neighborhood, often having her parents walk with her.



EFNEP Keeps Kids and Parents Well-Rounded

Physical activity has many benefits such as improving ability to do daily activities, increasing lifespan, and maintaining weight. This combined with eating a healthy and balanced diet can boost healthy development, prevent many diseases, and enrich the quality of life.

Students in E.B. Aycock Middle School admitted to rarely eating breakfast, only being physically active in P.E. class, and not trying to consume all of the food groups in every meal prior to participating in the Expanded Food and Nutrition Education (EFNEP) program. The sixth-grade participants learned different forms of exercise, practiced food selection and food preparation skills, and tried new foods that could be part of a healthy diet.

A male student who participated in EFNEP learned how to motivate himself to work out at home, drink more water every day, include all food groups in each meal, and how to choose healthier options when eating out at a restaurant. He also shared that he started to help his mother prepare healthy meals at home using recipes he had learned through EFNEP. Through the series of classes, he also learned how to read and compare food labels, suggest healthier meal options to his parents, and how to request something healthy when eating at a fast food restaurant. He stated that because of EFNEP he is encouraging his mother to exercise more and is willing to exercise with her and as a result, his mother has increased her level of physical activity. She now exercises every morning by doing Pilates and exercises at least five days out of the week. She has also provided him with at least one fresh fruit three times a week during dinner. She learned from her son how to compare food labels and practices purchasing healthier foods. Because of EFNEP, a son and his mother are now both eating healthier and enjoying daily physical activity together.



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.

