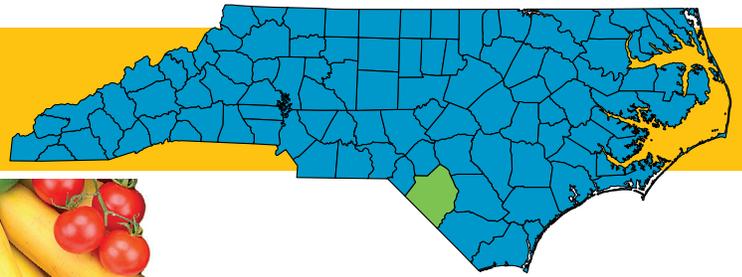




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Robeson 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 Robeson County

In 2017: **128** families enrolled in EFNEP
796 participated in 4-H EFNEP
71% 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 Robeson County

 **93%** of EFNEP participants improved dietary intake.

 **35%** now practice daily physical activity.

 **89%** practice better food resource management.

 **65%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **62** 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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Robeson County
EFNEP programs obtained

\$30,000

in funding and support
from local efforts.

EFNEP SUCCESS



86% of the youth graduates improved their ability to choose healthy foods. This partnership was a success. Students learned a lot and the best part is they shared the information with their parents.



Kindergarteners Try New Foods

NC Cooperative Extension-Robeson County's Expanded Food and Nutrition Education Program (EFNEP) partnered with W.H. Knuckles Elementary School (kindergarten classes) to deliver a series of nutrition classes.

EFNEP uses a curriculum that teaches nutrition while supporting the educational goals for reading and math. Each lesson has interactive activities for students to complete that reinforces what is taught in class. The kindergarteners were very eager to hear what story "Ms. T" (their name for the EFNEP Educator) would read and what new food they would try.

They were so excited to help make "kid friendly" recipes and try new foods. Before each class, students would tell "Ms. T" about the recipes they tried at home and foods they asked their parents to buy. One student tried the Almost Five Food Group Parfait at home, and with great excitement, he explained how much his family enjoyed it and wanted to make it again.

All children were given pre- and post-evaluations that revealed that 86% of the youth graduates improved their ability to choose healthy foods. This partnership was a success. Students learned a lot and the best part is they shared the information with their parents.



Teens Learn to Cook

EFNEP partnered with the Robeson County Methodist Home for Children to deliver a series of six, hands-on nutrition classes to a group of teenagers living in the home. The teens first learned kitchen safety rules and how to be prepared, be clean, and be safe when handling and preparing food. They learned how to read food labels and about serving sizes. Participants really enjoyed cooking and was excited to show off their new skills in the kitchen. One student enjoyed the class so much he now wants to be a chef. Even when the recipe called for foods they didn't really care for they were more willing to try it because they cooked it themselves. Each participant completed a pre/post evaluation that revealed 100% of youth adopted and now practice 2 or more food selection behaviors consistent with federal dietary guideline recommendations.



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