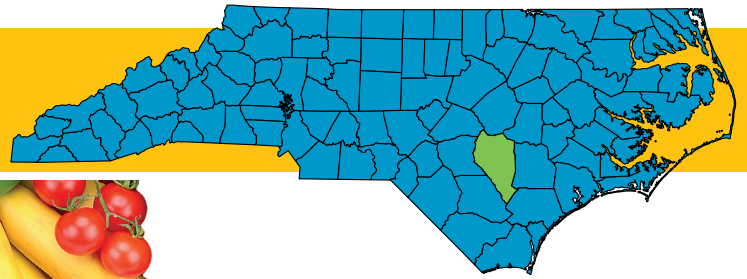




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Sampson 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 Sampson County

In 2017: **163** families enrolled in EFNEP


56% 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 Sampson County

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

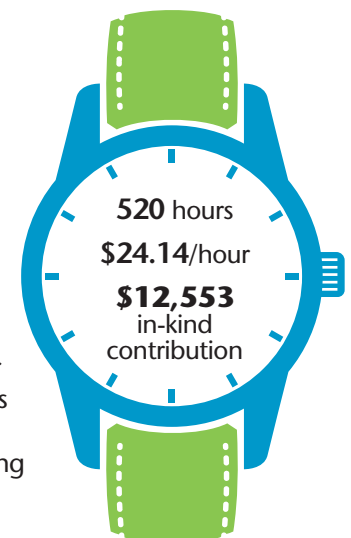
 **36%** now practice daily physical activity.

 **83%** practice better food resource management.

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

Volunteers Strengthen EFNEP

In 2017, **23** 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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Sampson County
EFNEP programs obtained

\$13,645

in funding and support
from local efforts.

EFNEP SUCCESS



Participants stated that because of the program they lost weight, better understood food labels and overall, felt better.



Faith Communities Eat Smart and Move More

The partnership between Cooperative Extension's EFNEP and the Obesity, Diabetes, Heart Disease and Stroke Prevention (ODHDSP) program has greatly benefited Sampson County. These two organizations have worked together several times to provide EFNEP's Faithful Families program, a partnership program to address both individual and community level change within a faith community. Recently, they worked with a group of 3 churches who came together at a central location (Cedar Point Church).

The EFNEP portion of the partnership provided educational sessions on nutrition, food safety, food resource management and physical activity while ODHDSP provided opportunities for the faith communities to implement policy, systems and environmental changes. The two programs worked hand in hand to help participants learn how to incorporate healthier foods into their diets, the importance of doing so, and the benefits. The participants also incorporated more physical activity into their daily routines by walking together as a group after each class ended. ODHDSP made this possible by providing the resources (i.e., signage, etc.) for an onsite walking trail at the church. Many of the participants said that being more physically active after each class helped them to be more physically active at home. The group of churches also decided to make some additional changes including adding baked chicken, water and sugar free deserts at church events where food was being served. Through ODHDSP, the faith community was able to place a blood pressure check station in the church.

One participant stated that he was glad that the program was offered to his faith community. He also stated the following, "We are supposed to help others and encourage others. If you're eating healthy and moving more, it's going to make you feel better. This is something to be excited about. I know that I am." Participants stated that because of the program they lost weight, better understood food labels and overall, felt better.



Young Parents See Results After Implementing Skills Learned through EFNEP

The EFNEP Educator offered a series of EFNEP classes for young parents through Sampson Community College that focused on portion sizes, eating more fruits and vegetables, making smart drink choices and moving more. Within the third week of the classes, five students stated that because they made changes in their eating habits and started walking, they had lost weight. They were amazed at the fact that making these small changes made such a huge difference in their lives. They shared with others in the class that making the small changes learned through EFNEP could have an immediate impact on their health.

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