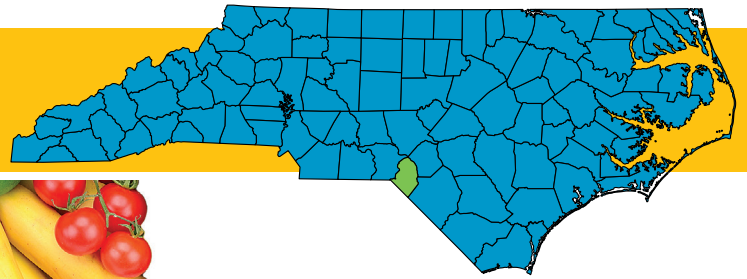




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Scotland 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



In 2017: **1,196** youth participated in
4-H EFNEP in Scotland County

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 Scotland County



96% of EFNEP participants improved dietary intake.



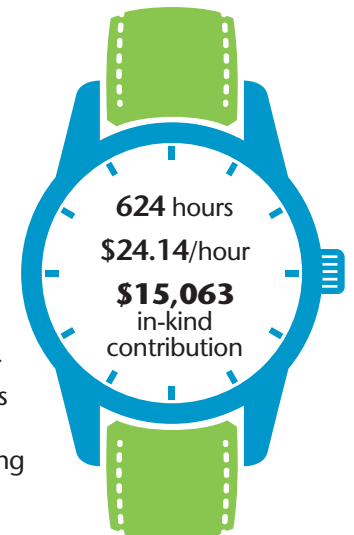
70% now practice daily physical activity.



76% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **52** 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 Scotland County Report

Scotland County
EFNEP programs obtained

\$3,100

in funding and support
from local efforts.

EFNEP SUCCESS



Youth completing the program reported choosing more fruits and vegetables for meals and snacks and being more active each day.



Breakfast, the Most Important Meal of the Day

Youth who skip breakfast are more tired, irritable, and restless. Skipping breakfast can lead to overeating later in the school day. Research has proven that a healthy breakfast positively impacts brain function and energy level. Children who eat breakfast have more energy and a better attitude toward school.

Scotland County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) collaborated with I. Ellis Johnson Elementary School to offer a series of nutrition education lessons to over 150 students. One of the six lessons taught was focused on the importance of eating a healthy breakfast.

As a result of what the youth learned through EFNEP, they made positive changes in their behavior. Post evaluations showed that 98% of the youth EFNEP graduates were now eating breakfast. Learning simple recipes to make a quick breakfast and the importance of breakfast to their health and success in school made all the difference.



EFNEP Boot Camp Helps Youth Eat Smart and Move More

The Expanded Food and Nutrition Education Program (EFNEP) in Scotland County partnered with 4-H and the county Summer Feeding Program to have a 9-week program for the youth of Scotland County. EFNEP Boot Camp, as this program is called, incorporates nutrition, physical activity, and hands-on food preparation in every lesson. Breakfast and lunch is provided by the U.S.D.A. Summer Feeding Program, which enables the youth to receive nutritious meals throughout the summer. Youth completing the program reported choosing more fruits and vegetables for meals and snacks and being more active each day. The youth shared recipes they completed during EFNEP Boot Camp with their parents and made them together at home.



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