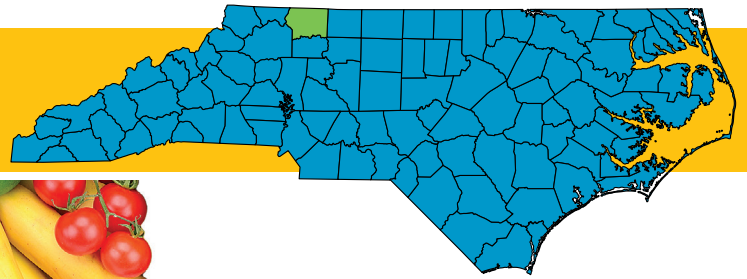




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Surry 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 Surry County


In 2017: **230** families enrolled in EFNEP
94% 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 Surry County

 **100%** of EFNEP participants improved dietary intake.

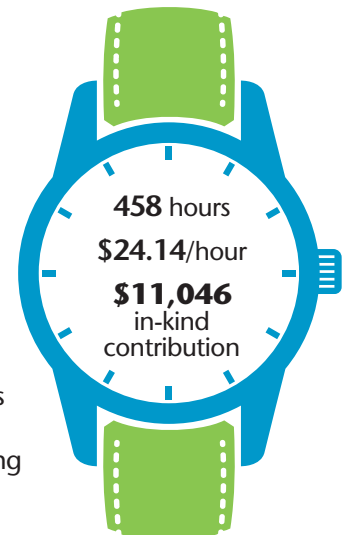
 **26%** now practice daily physical activity.

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

 **55%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **6** 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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Surry County
EFNEP programs obtained

\$6,800

in funding and support
from local efforts.

EFNEP SUCCESS



One participant stated that after putting the new knowledge and skills into practice, she was able to lose 38 pounds in six months and feels that she has more energy to take care of her toddler.



Reducing Sugar Has Big Impact for Participant

According to the Centers for Disease Control and Prevention, two-thirds (65%) of adults are overweight or obese in North Carolina. Excess weight is a major risk factor for many chronic diseases such as diabetes. One major cause of excessive weight is drinking a lot of sweetened beverages.

In an effort to address this problem, the Surry County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP), partnered with the Surry County Health and Nutrition Center to deliver a series of nutrition education classes to parents of young children. One of the lessons in the series helped participants learn more about the sugar in the beverages they drink and strategies to reduce excess added sugars in theirs and their children's diets. Participants were encouraged to reduce sweetened drinks and to drink more water.

One participant stated that after putting the new knowledge and skills into practice, she was able to lose 38 pounds in six months and feels that she has more energy to take care of her toddler. Additionally, when reviewing program evaluation data for all participants, 50% were shown to have decreased their consumption of added sugar in their diet. This behavior change will help participants and their families reduce the risk of chronic diseases associated with overweight and obesity.



Participant Learns Critical Skills Through EFNEP

Surry County EFNEP partnered with the Surry Health and Nutrition Center to deliver a series of nutrition education classes to mothers with young children. One participant, who is already diabetic, stated that the program helped her improve her diet and increase her physical activity. These changes contributed to her losing over 50 pounds and reducing her insulin. She believes the knowledge gained and behavioral changes she has made, because of participating in EFNEP, will prevent or decrease the possibility of her child becoming a diabetic.



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