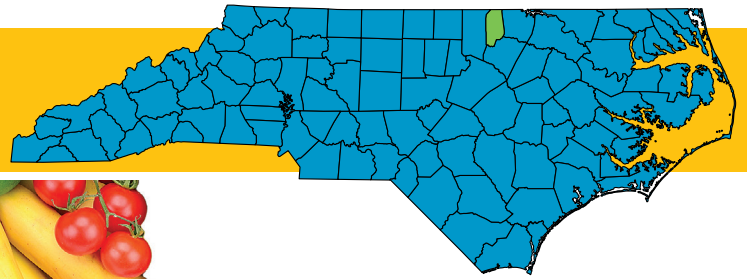




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Vance 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: 104 youth participated in
4-H EFNEP in Vance 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 Vance County

-  **53%** of EFNEP participants improved dietary intake.
-  **19%** now practice daily physical activity.
-  **44%** practice better food resource management.
-  **27%** have improved their food safety habits.

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Vance County
EFNEP programs obtained

\$21,146

in funding and support
from local efforts.

EFNEP SUCCESS



Youth Increase Nutrition Knowledge

Pre- and post-evaluation data showed that 53% of youth participating in EFNEP this past year improved their abilities to choose foods according to the federal dietary recommendations. Being able to identify and choose foods that make a healthy plate helps these youth form healthy eating patterns for life and reduce their risk of chronic disease.



EFNEP Making Healthy Families

The EFNEP Educator in Vance County, partnered with Gang Free, Inc.'s Program Coordinator to establish a series of six EFNEP classes using the Teen Cuisine curriculum. Teen Cuisine is an evidence-based curriculum that is used to teach and encourage healthy eating behaviors and food preferences. This 6-lesson curriculum helps middle and high school-aged youth become self-sufficient in the kitchen while teaching them healthy habits that will last a lifetime. Teaching teens to cook and choose healthier foods empowers them to make behavior changes that may persist into adulthood. Teens can also have a positive influence on their families and friends to encourage shopping for and preparing healthy foods.

During the series, the Vance County EFNEP Educator met a 14-year-old boy, who came from a single parent household and is the oldest of four who was participating in the program. The EFNEP Educator noticed that with every lesson the 14-year-old boy became more interested, helpful, and enthusiastic about the activities and foods that were being prepared as part of the lessons. One day his mother came to pick him up and she caught the end of one of the lessons being taught. The mother asked the EFNEP Educator if there were any classes for adults that she could possibly take. The EFNEP Educator provided the mother with the adult class schedule and the mother enrolled and graduated from the program. Three months later the EFNEP Educator followed up with the family. The mother and son shared that they have been cooking at home as a family more frequently than before participating in the program using the EFNEP cookbook, and that they are going on post dinner walks at the local YMCA. The mother and son also shared that the time they spend preparing foods and exercising has motivated the entire family to eat smart and move more. The mother also shared that she has several friends that would be interested in the class and offered to host a lesson series for her friends in her home.



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