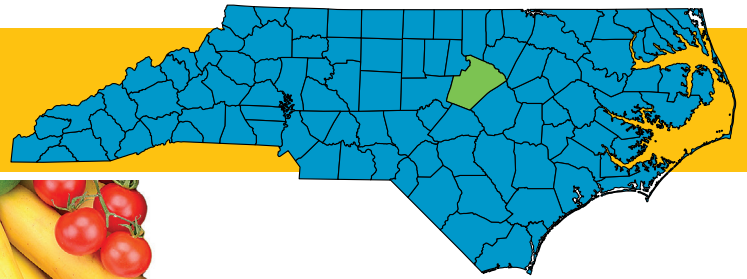




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Wake 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 Wake County





In 2017: **466** families enrolled in EFNEP
381 participated in 4-H EFNEP
9% 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:

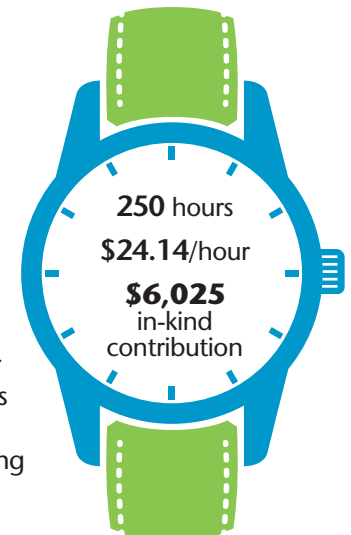
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Wake County

-  **98%** of EFNEP participants improved dietary intake.
-  **76%** now practice daily physical activity.
-  **98%** practice better food resource management.
-  **87%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **55** 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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Wake County
EFNEP programs obtained

\$22,562

in funding and support
from local efforts.

EFNEP SUCCESS



As a result of EFNEP, the participant has completely improved his eating and lifestyle habits.



A Second Chance

According to the 2016 Wake County Human Services Public Health Report, heart disease is the 2nd leading cause of death in the county. The county's Health Promotion and Chronic Disease Prevention program conducted health screenings primarily among low-income and minority populations. Of those screened, 51 percent were obese with a BMI over 30. It is well documented that obesity and the lack of physical activity are major risk factors for developing heart disease.

The Expanded Food and Nutrition Education Program (EFNEP) of the NC Cooperative Extension in Wake County partnered with Centro Cristiano El Sermon Del Monte Church to offer nutrition classes to its congregation. Participants learned to control their portions and to plan and prepare healthier meals using EFNEP recipes.

One participant shared that he recently had a stroke, which fortunately, did not do any physical damage to his body. However, his doctors told him that he needed to change his eating and lifestyle habits if he wanted to avoid another incident. Although he didn't particularly enjoy eating vegetables, he knew he had to include them in his diet. By participating in the hands-on food preparation, he was able to see how quick and easy it was to cook meals using lean protein and a lot of vegetables.

As a result of EFNEP, the participant has completely improved his eating and lifestyle habits. He involves himself in the meal planning and food preparation at home. He has also encouraged his children to eat more fruits and vegetables. Moreover, they have become more active by walking daily and spending more time at the park. He feels much healthier and more energetic. After a recent visit to his doctor, the participant learned that he lost 10 pounds. He thanks EFNEP for helping to turn his health around for the better.



Inspiring Kids to Cook

In Wake County, according to a recent public health report, childhood overweight/obesity rates are about 36.5 percent. Many studies have shown that being overweight and/or obese is a risk factor of type 2 diabetes and heart disease. Wake County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with Communities in Schools and the Salvation Army to teach kids to make healthier food choices.

The EFNEP Educator taught the kids how to read food labels in order to make better snack choices. Through hands-on food preparation, the kids learned to prepare snacks and meals that are low in fat and added sugars but high in fiber and vitamins and minerals. One child shared that every day after school, he was in charge of making snacks for himself and his younger brother. Most of the time, they would eat chips and drink soft drinks. However, after learning how to read recipes he became more interested in making his snacks rather than eating it out of a bag. He also reads food labels to determine whether it's a healthy choice or not. After each lesson, the child took home the recipes he prepared and shared it with his mom. As a result of EFNEP, his mother is buying ingredients to support his new love for cooking up healthier snacks using EFNEP recipes.

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