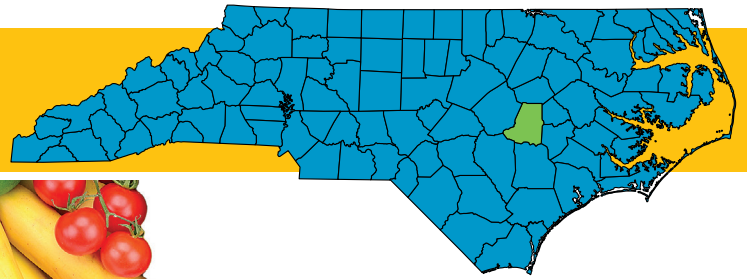




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Wayne 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 Wayne County


In 2017: **92** families enrolled in EFNEP  
**64%** 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 Wayne County

 **91%** of EFNEP participants improved dietary intake.

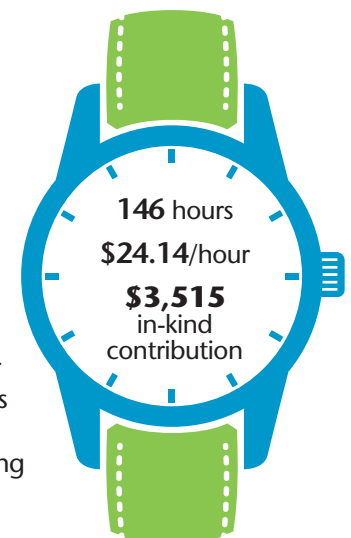
 **32%** now practice daily physical activity.

 **76%** practice better food resource management.

 **61%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **34** 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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Wayne County  
EFNEP programs obtained

# \$14,643

in funding and support  
from local efforts.

## EFNEP SUCCESS



The EFNEP Educator was excited over the fact that what she had taught in the EFNEP class was being put to use to help improve this young lady's life.



### Partnership Program Helps Families Meet Goals

More often than not, cooking at home has become a thing of the past. Fast foods (or convenient foods) have become very popular. Meals are quickly eaten in the car while driving to and from work, church, or after-school activities. These habits support dependence on highly processed and refined foods which have proven to be harmful to health.

NC Cooperative Extension partnered with Go Wayne Go and several faith communities to implement EFNEP's Faithful Families program. Go Wayne Go is a grassroots initiative created to increase awareness of the physical well-being of the residents in Wayne County & Goldsboro, North Carolina. Their goals are to help residents make healthier nutrition decisions and increase physical activity.

This partnership offered participants the opportunity to acquire basic cooking skills and knowledge (through EFNEP's Faithful Families classes) that enabled them to cook healthier and cost-effective meals at home for their families. Go Wayne Go reinforced what was being taught in the classes by encouraging participants to meet daily goals such as eating 5 fruits and vegetables, 3 balanced meals, 2 hours of TV/electronics (maximum), 1 hour of physical activity and consuming 0 sugary drinks. They also supported the partnership by offering a walking series and access to other tools and activities listed on their website/Facebook page.

Participants reported that they had learned so much because of this partnership. They also stated that because of the resources and tools received, they would continue putting into practice what they've learned. What an exciting and beneficial partnership working together one family at a time to change lives.



### EFNEP Helps Participant Take Steps to Get Moving

Recently an EFNEP graduate in Wayne County stated that she did not realize the benefits of increased physical activity. The lesson on "Choosing to Move More Throughout the Day" was very enlightening to her. She shared that going to the kitchen for a snack during a commercial break was the extent of her physical activity. The participant decided that she would make a conscious effort to increase her physical activity to at least 20-30 minutes a day. After hearing the strategies shared during the lesson, she started making small changes in her routine (i.e., parking further away from the grocery store or mall) and has even began to go outside with her children. She understands now that increased physical activity will increase her overall health. The EFNEP Educator was excited over the fact that what she had taught in the EFNEP class was being put to use to help improve this young lady's life.

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