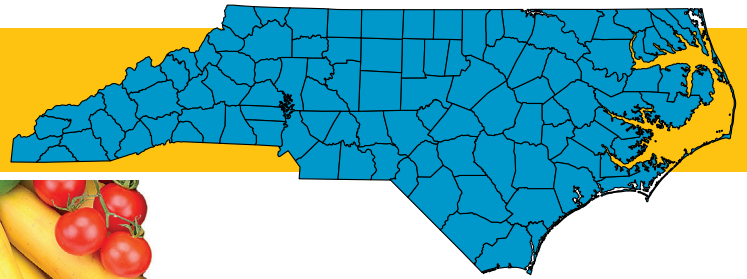




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension North Carolina Annual 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



North Carolina EFNEP Reaches Diverse Audiences

In 2017: **3,907** families enrolled in EFNEP
17,731 participated in 4-H EFNEP
89% 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

- 97%** of EFNEP participants improved dietary intake.
- 58%** now practice daily physical activity.
- 93%** practice better food resource management.
- 77%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **1,246** 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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North Carolina EFNEP programs obtained over

\$580,561

in funding and support from local efforts.

EFNEP SUCCESS



Doctor Suggests EFNEP to Patient

During a visit to her doctor, a young mom expressed concerns about her recent diagnosis of high blood pressure. She asked her doctor for recommendations he could suggest for any lifestyle choices she could make to help with her blood pressure issues. The doctor shared a flyer about the Expanded Food and Nutrition Education Program (EFNEP) in Avery County and an upcoming series of classes in her area. After the series was completed the participant reported that she had lost weight and had lowered her blood pressure by eating less salt and increasing her physical activity as she had learned in the program. She also shared that she was making more of an effort to plan healthy meals using the recipes and tools that EFNEP had provided. The participant was excited that, because of these changes, she did not currently have to take blood pressure medicine anymore. The participant was encouraged that because of EFNEP she would have a healthy future ahead of her.



EFNEP Gets People Walking

By learning the multiple benefits of physical activity, the second graders at Colerain Elementary School in Bertie County got their parents involved in physical activity as well. The parents incorporated physical activities into their family time. One family added daily walks into their routine because their daughter participated in EFNEP. She was overweight and wanted to lose weight but did not want to start dieting at the age of 10. She started to lose weight by walking on a daily basis and eventually lost almost 15 pounds. By influencing her parents to start walking with her, her mom lost 20 pounds and her dad lost 39 pounds. The mother also started preparing more meals at home because of EFNEP as well. EFNEP encouraged the whole family to get active and they benefitted greatly.



4th Grader Teaches Family Food Safety

After learning about the importance of using a food thermometer through EFNEP, one 4th grader in Ashe County asked his parents to purchase a digital thermometer and then showed them the correct way to use it. He shared with them a temperature chart provided by the EFNEP Educator so they could learn the correct temperatures for cooking different meats. This student said that his family felt it was easy to incorporate using the food thermometer when cooking especially since he knew how to use it from seeing the demonstrations provided by EFNEP.



Cooking Confidence

At the beginning of an EFNEP series in Wake County, one participant shared that she had a fear of cooking and would resort to buying highly processed pre-made meals. Unfortunately, she never learned to cook and did not know her way around the kitchen or how to read a recipe.

As a result of the program, the participant is now able to prepare home-cooked meals using techniques learned in the classes. She has saved close to \$50 a week by going to the grocery store with a weekly plan, shopping for the ingredients, and cooking them at home with the help of her 12-year-old son. In addition to saving money, she and her family are now eating more vegetables and less fat because they are using EFNEP recipes.



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