



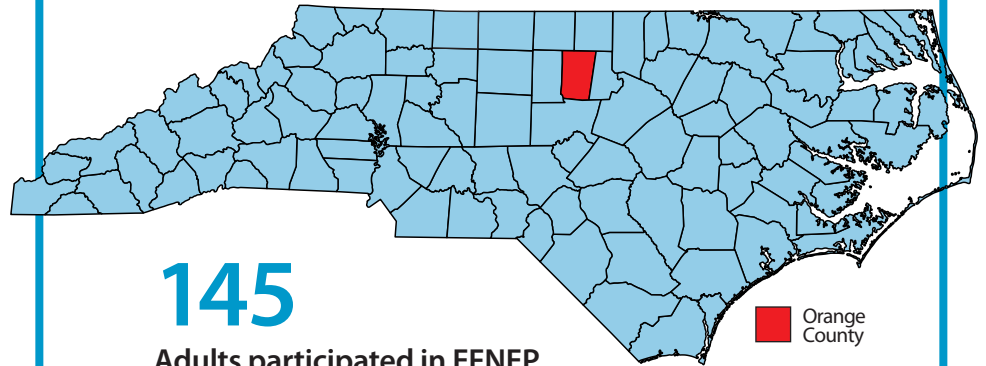
Orange County

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:

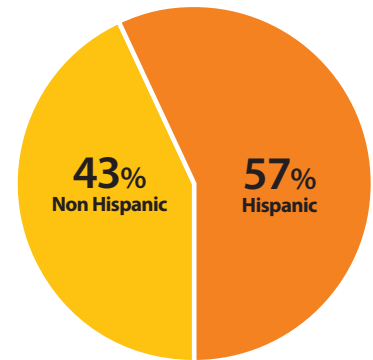
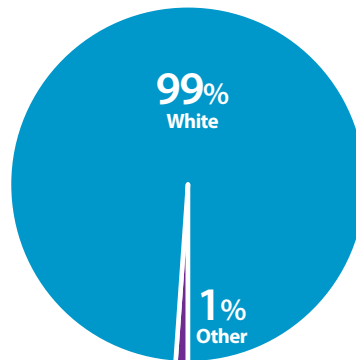
- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



145

Adults participated in EFNEP.

Orange County



EFNEP Provides Opportunities



48 volunteers committed
582 hours



\$18,520
estimated value of volunteer time

EFNEP Makes a Real Difference



100%
of EFNEP participants improved diet quality.



99%
now practice daily physical activity.



100%
practice better food resource management.



99%
have improved their food safety habits.

 **Reading Food Labels Leads to Health Improvements**

In one EFNEP group, a participant said he needed help controlling his blood sugar levels. He had little knowledge of nutrition or what it meant to eat healthy. The long-time EFNEP educator took a personalized approach, focusing on practical skills to help the participant in their daily life. The educator realized the importance of smart grocery shopping and taught him to read food labels before buying something.

With this new knowledge, the person can make informed choices, especially when choosing between processed foods and healthier options. The simple but impactful skill of reading labels became a powerful tool in managing his blood sugar.

As the weeks went by, the participant started noticing significant improvements in his health. Paying attention to his food intake helped him control his blood sugar and overall health. **As a result of EFNEP, the participant adopted a healthier lifestyle and gained confidence and control over his condition.**



  **Applying EFNEP Strategies Leads to Weight Loss**

Obesity is a risk factor for severe health conditions such as high cholesterol and hypertension, eventually leading to heart disease and other chronic diseases. In Orange County, the top three leading causes of death are cancer, heart disease, and cerebrovascular disease. To help address the issue, EFNEP partnered with WIC, a special supplemental nutrition program for women, infants, and children

to enroll pregnant, nursing, and/or mothers with children under 5. One participant shared with the educator that she has recently struggled with hypertension and diabetes. As a daycare provider, she was too tired and busy to eat healthy or be physically active.

While enrolled in EFNEP, the participant learned simple strategies to increase her energy and plan healthier meals for her and her family.

By participating in interactive lessons and hands-on food demonstrations, she learned how to meal prep for the week, including shopping on a limited budget. She has started cooking EFNEP recipes and walking an hour each day. **After 2 months in the program, the participant shared that she lost more than 20 pounds by practicing what she learned in EFNEP.**