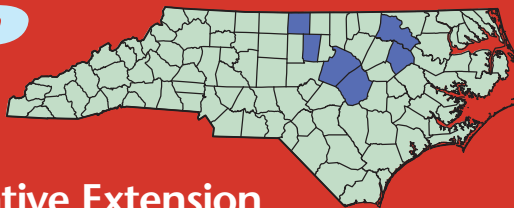




EFNEP



Serving
Caswell,
Edgecombe,
Halifax,
Johnston,
Orange
and Wake
counties

2007 NC Cooperative Extension North Central District Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

The Expanded Food and Nutrition Education Program (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. Using “hands-on” experiences, participants are taught to: make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2007, North Carolina EFNEP served 43 counties.

EFNEP’s mission is to assist families and youth with limited resources in making simple changes in eating behaviors and daily physical activity so that, over time, healthy choices become healthy habits.

Supporting North Carolina’s Families with Greatest Needs Since 1969

EFNEP helps families and youth with limited resources—those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical nutrition information, food preparation, food resource management and food safety education in settings convenient for the participants. EFNEP graduates reflect significant, lasting improvement in eating behaviors and healthy food habits.

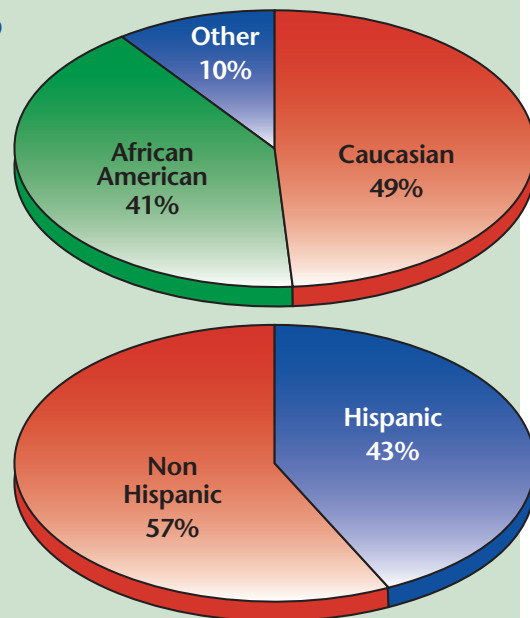
Volunteers Strengthen EFNEP

In 2007, 430 adults and youth donated 10,400 hours on behalf of EFNEP. At a rate of \$18.77 per hour this is equivalent to \$195,208. Volunteers make a difference in their own communities, and contribute to EFNEP’s ongoing success.

North Carolina EFNEP Reaches Diverse Audiences

In 2007,

- 1,219 families enrolled in EFNEP
- 2,517 participated in 4-H EFNEP
- 83% of EFNEP participants were also WIC participants
- 96% of EFNEP participants enrolled in one or more food assistance programs.



In 2007, the North Central District EFNEP programs obtained over \$158,000 in funding and support from local efforts.

EFNEP Makes a Real Difference for Limited Resource Adults

Participants completing the series of lessons improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 82% improved in one or more food safety practices
- 70% used food labels more often to make food choices
- 92% improved in one or more food resource management practices
- 40% of participants increased the amount of physical activity
- 98% of participants improved their diet
 - 62% increased fruit consumption
 - 46% increased vegetable consumption
 - 45% increased consumption of calcium-rich foods

Recent research shows the positive effects of families eating together. In North Carolina, we track meals eaten together as an indicator of participant families' well being. In 2007 clients were asked "How often do you eat meals or snacks with one or more family members?" After EFNEP participation, 57% of families more often ate together. EFNEP makes a difference in families!

EFNEP Makes a Real Difference for Limited Resource Youth

Through a series of classes, 4-H EFNEP participants learn basic nutrition, the importance of daily physical activity, how to make healthy food choices, and food safety in preparation and storage. Evaluation data shows the following:

- 85% of the youth reported eating a variety of foods
- 83% increased their knowledge of human nutrition
- 84% increased their ability to select low-cost, nutritious foods
- 65% improved practices in food preparation and safety



The 4-H Expanded Food and Nutrition Education Program (EFNEP) collaborated with the YWCA and the Save Our Students (SOS) program to offer EFNEP to a group of 51 girls. Before starting the class a pre-test was administered. This indicated that only 21% of the students were currently eating breakfast. During the series of classes, the food pyramid and the importance of starting the day off with a healthy breakfast were discussed. Emphasis was placed on including several different food groups from the food guide and why breakfast is the most important meal of the day. Ways to make a healthy breakfast when you have very little time was also discussed. Participants were given the opportunity to plan healthy quick breakfast menus and prepare an easy breakfast food using what they had learned. Given the same series of questions after the sessions on healthy eating, 68% of the girls participating in the program improved their consumption of breakfast on a daily basis. They also reported that after making this change they were feeling better and not as sleepy in school. They felt their concentration at school improved and they were not as hungry feeling prior to lunch.

High sugar consumption is associated with overweight and dental carries in children. The current recommendation for fruit juice consumption is to limit intake to 4-6 ounces per day. In Caswell County, an Expanded Food and Nutrition Education Program (EFNEP) participant and mother of three children, ages 1, 3, and 5, said her children were drinking a lot more than the recommended amount of juice on a daily basis. She had been advised by her WIC Nutritionist to limit the fruit juice. She had not made any changes because she still thought that her children would prefer the juice. While preparing the fruit salad for the EFNEP Introduction lesson, her children arrived from Kindergarten and Pre-school and were able to try the recipe. They enjoyed it and this mother learned one way she could reduce her children's consumption of sugar while still offering her children the nutrition of fruit.

Recent research shows that children who watch TV at mealtime eat far fewer fruits and vegetables than children who sit down to a quiet dinner. The Expanded Food and Nutrition Education Program (EFNEP) taught a series of lessons to WIC participants at the Wake County Health Department including a lesson on how to "Limit TV." One of the returning WIC participants for the following class said, "I am so glad I came to the class about not watching so much TV. I was having a hard time getting my baby to eat her fruits and vegetables and after I participated in the class, we no longer eat with the TV on. My baby is eating better and we are playing together a lot more. When my family comes over for dinner the TV is off and everyone likes the idea of having a conversation. We had no idea how much the TV was taking over our lives." This lesson was an effective way of helping participants become families again and eating better by limiting TV.