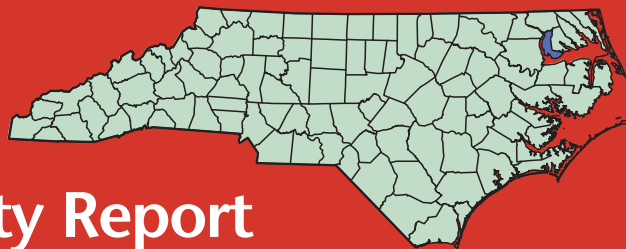




4-H EFNEP



Chowan County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Youth Eat Smart and Move More: 2008 Program Successes for Chowan County

Results of the 424 youth participating in EFNEP

- 52% of 424 youth now eat a variety of foods.
- 57% of 424 youth increased their knowledge of the essentials of human nutrition.
- 70% of 424 youth increased their ability to select low-cost, nutritious foods.
- 14% of 424 youth improved practices in food preparation and safety.

4-H EFNEP Success

Many youth do not engage in adequate physical activity as suggested by the Dietary Guidelines. Research shows that a lack of physical activity is one of the leading causes of obesity in children. North Carolina has one of the highest rates of overweight and obesity in the nation. Working with a local daycare center in Chowan County, the 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) with NC Cooperative Extension

provided a series of classes from the Professor Popcorn curriculum.

The EFNEP Program Assistant worked with the youth teaching lessons on MyPyramid, Grains, Calcium, Protein, Fruits and Vegetables. Youth were able to prepare nutritious snacks and try many different foods. They also spent time learning simple activities that could help them to become more physically active.

Both indoor and outdoor activities were provided. Through the efforts of 4-H EFNEP, more

physical activity is now being incorporated into the daily routine of youth attending the day care center and the youth are participating! They especially like the activities with music.



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 2008, North Carolina EFNEP served 45 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.



efnep@ncsu.edu
www.ncfnep.org