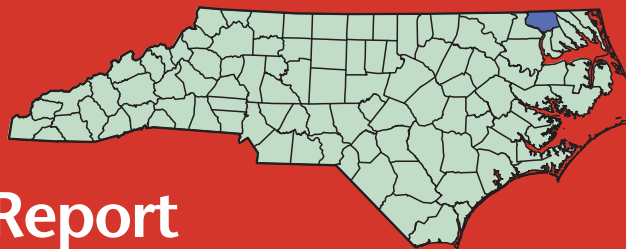




# 4-H EFNEP



## Gates County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

**420 youth participating in EFNEP**

#### 4-H EFNEP Success

Research shows that a lack of physical activity and consuming foods high in fat are the leading causes of obesity in children. NC continues to see an increase in the number of children who are over weight or obese. The 4-H Expanded Food & Nutrition Education Program (EFNEP) in Gates County through NC Cooperative Extension collaborated with two elementary schools to provide the Professor Popcorn curriculum to second and third graders. The program provided basic nutrition education, hands-on learning activities, food preparation and physical activity for a period of six weeks. Youth in the program were able to prepare healthy snacks and develop skills in many different types of physical activities. Teachers reported that the

children are assisting their parents with food preparation at home, helping with the grocery shopping and selecting healthier foods. Eighty-five percent of the children have increased their physical activity level. Through EFNEP, the second and third grade youth in these schools made choices that will help them make healthier food selections and increase their physical activity.



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.



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