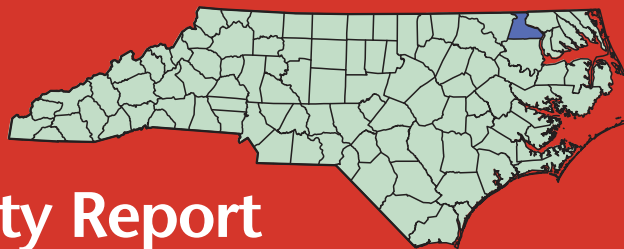




4-H EFNEP



Hertford County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

287 youth participating in EFNEP

4-H EFNEP Success

North Carolina obesity rates continue to rise. The overweight and obesity epidemic among our youth continues to increase in grades as early as kindergarten. The 4-H Expanded Food & Nutrition Education Program (4-H EFNEP) in Hertford County through NC Cooperative Extension partnered with one of the local elementary school's first grade classes to provide a series of six nutrition education classes. Youth received instruction on MyPyramid, grains, calcium, fruits & vegetables, protein, physical activity and food safety. They participated in hands-on, food preparation activities and prepared simple nutritious snacks. Following the classes over 50% of the youth reported that they understood the meaning of being physically fit and could site examples of activities that could help them become more physically active. They also knew that walking, bike riding and swinging were ways to be physically active and that playing some computer games and watching television were sedentary activities. They stated they especially like to incorporate dance for inside physical activity. Teachers noticed a difference in their students' enthusiasm to participate in physical activity. 4-H EFNEP was able to work with the first graders in the local elementary school to increase their physical activity and make a difference in their health.



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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