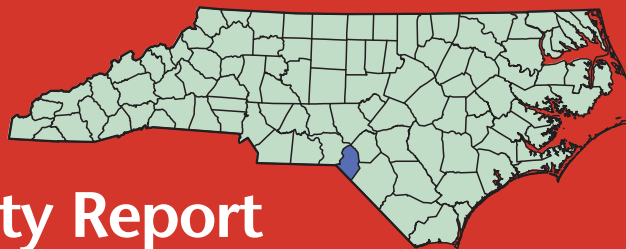




4-H EFNEP



Scotland County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 549 youth participating in EFNEP

- 97% of 549 youth now eat a variety of foods.
- 86% of 549 youth increased their knowledge of the essentials of human nutrition.
- 95% of 549 youth increased their ability to select low-cost, nutritious foods.
- 99% of 549 youth improved practices in food preparation and safety.

4-H EFNEP Success

More than 12.5 million children and adolescents are overweight with 17.1% between the ages 2 to 19. Overweight children and adolescents are more likely to develop risk factors associated with cardiovascular disease, such as: high blood pressure; high cholesterol; and Type 2 diabetes. Teaching children the importance of eating well and being physically active at a young age is crucial to reversing this trend.

The 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) collaborated with 4 kindergarten classes at Covington Street School to conduct classes on the importance of physical activity and healthy eating.

Students were taught how to identify healthy foods and the importance of consuming them. They were also taught the importance of incorporating physical activity into their day for increased health benefits.



Before attending the classes many students could not identify healthy foods and were not physically active. After receiving lessons, 100% of the students have improved their diets by selecting healthier food choices and have increased their daily 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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