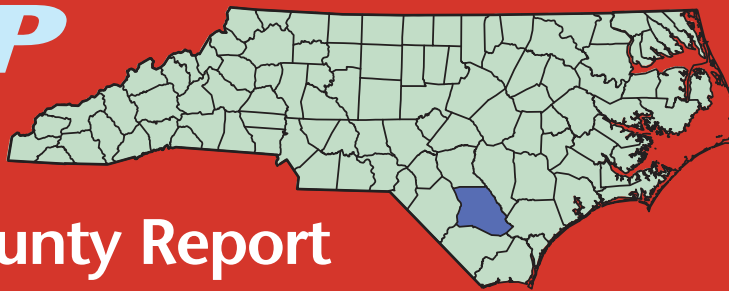




EFNEP



Bladen County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Bladen County

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.

Results of the 86 families participating in EFNEP

- 100% showed improvement in their diet.
- 100% of EFNEP participants showed improvement in their resource management practices.
- 100% of EFNEP participants showed improvement in their nutrition practices.
- 93% of EFNEP participants showed improvement in their food safety practices.
- 24% increased their amount of physical activity.

Adult Program Success

Reaching diverse audiences has been a challenge in Bladen County. Bladen, like many other counties in North Carolina has seen an increase in the Hispanic population. Cultural and language barriers have made it difficult to adequately meet their needs.

The Bladen County Expanded Food and Nutrition Education Program (EFNEP) and the Bladen County Health Department collaborated to provide a series of EFNEP classes to WIC and prenatal clients. As a result of the partnership, several Hispanic participants were enrolled in the EFNEP program. After participating in the program, participants have improved their knowledge of nutrition; are trying the recipes received through classes; and are preparing healthier meals for their families.



efnep@ncsu.edu
www.ncfnep.org