



EFNEP



Cabarras County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 65 families participating in EFNEP

- 98% showed improvement in their diet.
- 88% of EFNEP participants showed improvement in their resource management practices.
- 98% of EFNEP participants showed improvement in their nutrition practices.
- 96% of EFNEP participants showed improvement in their food safety practices.
- 48% increased their amount of 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.

Adult Program Success

Obesity rates doubled over the last decade among American children. Local health care providers are reporting that the situation is reaching epidemic proportions in Cabarras County with one in four children being overweight. The University of North Carolina Center for Health Promotion and Disease Prevention chose Cabarras County Pediatric Clinic as one of the sites in North Carolina for their study on effective educational approaches for preventing childhood overweight and obesity in 3 to 10 year olds. The Expanded Food and Nutrition Education Program (EFNEP) is the community education component of the study. As a part of the study, EFNEP conducts a series of nutrition education classes with study participants to teach parents how to choose, purchase and prepare healthier food for their children on a limited budget. During a review of a previous lesson, one mother indicated how learning about eating more fruits and vegetables and preparing one of the recipes was really helping her to make the changes in her home. She stated that her family has really started to enjoy the addition of fruits and vegetables and they really like the recipes from the EFNEP curriculum. The mother shared she planned to make these changes permanent.



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