



EFNEP



Columbus County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Columbus 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 220 families participating in EFNEP

- 95% showed improvement in their diet.
- 99% of EFNEP participants showed improvement in their resource management practices.
- 100% of EFNEP participants showed improvement in their nutrition practices.
- 88% of EFNEP participants showed improvement in their food safety practices.
- 36% increased their amount of physical activity.

Adult Program Success

A program assistant in Columbus County partnered with Southeastern Community College Family Literacy group to teach the MyPyramid lesson to 8 participants. The participants had little or no knowledge about MyPyramid and were consuming too many calories. As a result of high calorie consumption, participants were having difficulty controlling their weight.

Participants were taught the correct amounts of foods to consume from each food group. After completing sessions, they stated that they are now aware of the correct portions and amounts needed to maintain a healthy weight. One participant shared that she had lost 2 pounds in one week since learning the correct amounts of food to consume. EFNEP will continue to teach these classes to help Columbus County citizens 'Eat Smart and Move More'.



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