



# EFNEP



## Edgemcombe County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

### Results of the 54 families participating in EFNEP

- 97% showed improvement in their diet.
- 97% of EFNEP participants showed improvement in their resource management practices.
- 97% of EFNEP participants showed improvement in their nutrition practices.
- 87% of EFNEP participants showed improvement in their food safety practices.
- 84% 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

Adult overweight and obesity cost the state of North Carolina 2.14 billion dollars each year in direct medical costs. One Edgemcombe County family with four children, ages 1 to 7, made significant changes in their lifestyle as a result of participating in the Expanded Food and Nutrition Education Program (EFNEP).

After a visit to his family physician, the father of this family learned that he was suffering from high cholesterol, high blood pressure and obesity. Upon hearing this news, he was determined to make changes to improve his overall health. He realized that his entire family had developed bad habits and needed to eat healthier and exercise more. During the series of classes they learned planning and shopping skills. Following the classes, they began choosing healthier foods and using a shopping list and coupons to save money. With the savings on food costs, they have been able to purchase a treadmill for the family to use. They also began to control their food portion size and reduce the amount of sugar in their diet. The parents have lost a combined 24 pounds as a result of the changes they made. They shared that EFNEP has been an essential tool in helping them "Eat Smart and Move More".



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