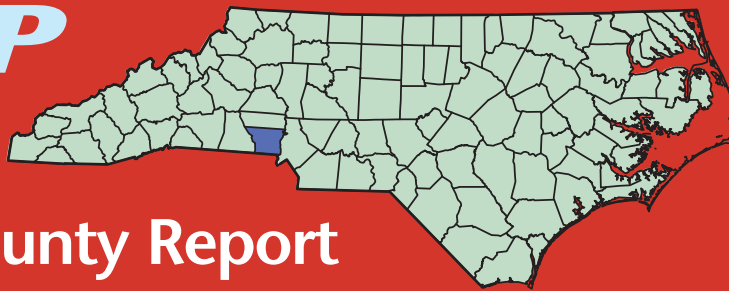




# EFNEP



## Gaston County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

### Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Gaston 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 172 families participating in EFNEP

- 96% showed improvement in their diet.
- 100% of EFNEP participants showed improvement in their resource management practices.
- 95% of EFNEP participants showed improvement in their nutrition practices.
- 66% of EFNEP participants showed improvement in their food safety practices.
- 44% increased their amount of physical activity.

### Adult Program Success

While research supports many benefits of breastfeeding, pregnant teens either do not want to or feel they cannot breastfeed their infant. The Expanded Food and Nutrition Education Program (EFNEP) teaches young mothers the benefits of breastfeeding and the importance of good nutrition to a child's overall health. At the beginning of the program, two pregnant teens were adamant about not breastfeeding their infants. After learning the benefits for both mom and child, they decided to give breastfeeding a try.



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