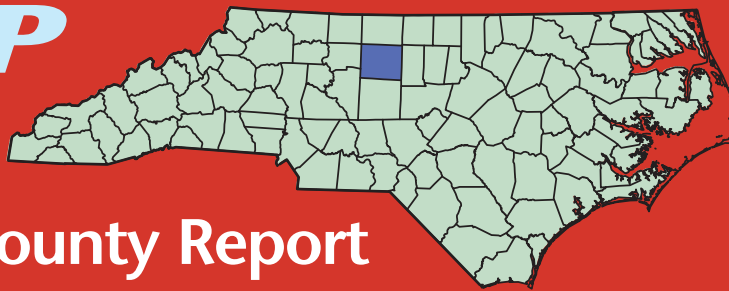




# EFNEP



## Guilford County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

### Results of the 44 families participating in EFNEP

- 100% showed improvement in their diet.
- 73% of EFNEP participants showed improvement in their resource management practices.
- 89% of EFNEP participants showed improvement in their nutrition practices.
- 36% of EFNEP participants showed improvement in their food safety practices.
- 36% increased their amount of physical activity.

### Adult Program Success

Teenagers are known to have poor eating habits. The consequence of poor nutrition is compounded when a teen becomes pregnant. During their first meeting, one group of pregnant teens enrolled in the Expanded Food and Nutrition Education Program (EFNEP), shared that they often chose fast foods for their meals. During the series of classes, the teens learned how fast foods are higher in calories, sodium and fat and often lack important vitamins and minerals. They learned how to compare food choices when choosing fast food to make healthier choices for themselves and their unborn babies. Prior to EFNEP, most of the teens thought making good choices meant buying the value meal. They also learned the importance of choosing fast food less often. As a result, this group stated they were eating fast food less often and eating more meals at home. Two of the participants stated that when they did choose fast food, they were making better choices. They were choosing water, plain baked potatoes, salad or fruit, instead of fries or soda.



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.



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