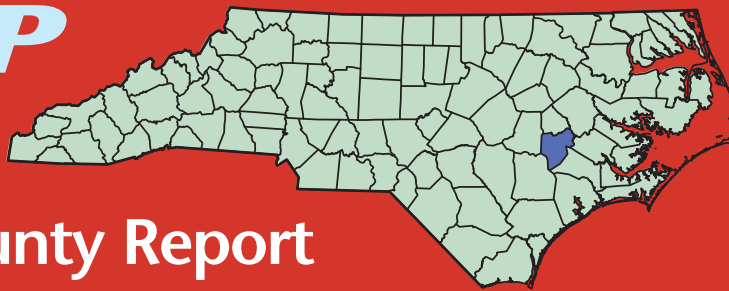




# EFNEP



## Lenoir County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

#### Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Lenoir 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 228 families participating in EFNEP

- 99% showed improvement in their diet.
- 91% of EFNEP participants showed improvement in their resource management practices.
- 99% of EFNEP participants showed improvement in their nutrition practices.
- 89% of EFNEP participants showed improvement in their food safety practices.
- 41% increased their amount of physical activity.

#### Adult Program Success

A participant in the Lenoir County Expanded Food and Nutrition Education Program (EFNEP) credits the program with helping her learn new knowledge and skills that resulted in significant personal health improvements. During one of the final classes she shared having lost 5 pounds, lowering her blood pressure and increasing daily physical activity since beginning the class. She also shared that her doctor wanted to know what she had been doing to make these changes in her health. When he learned she credited her results to EFNEP, he told her to keep going to class and to continue with her new healthy lifestyle even after the classes were finished. The participant stated she was committed to the changes because she feels and looks better and wants to be healthy the rest of her life.



efnep@ncsu.edu  
www.ncefep.org