



EFNEP



Northhampton County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 151 families participating in EFNEP

- 94% showed improvement in their diet.
- 97% of EFNEP participants showed improvement in their resource management practices.
- 90% of EFNEP participants showed improvement in their nutrition practices.
- 82% of EFNEP participants showed improvement in their food safety practices.
- 57% 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

Many families lack knowledge of how to use food labels when making selections for their family's meals. The Expanded Food and Nutrition Education Program (EFNEP) in Northhampton County through NC Cooperative Extension conducted the Shop for Value: Check the Facts lesson from EFNEP's Families Eating Smart and Moving More curriculum. Participants with young children were taught how to use the "Nutrition Facts" label to select foods lower in calories, sodium, fat and cholesterol. Two months after the class, a participant shared with that she is now reading labels when shopping for groceries and is making healthier selections by choosing foods that are lower in saturated fat, cholesterol and sodium. She has been able to lower her cholesterol level and is looking forward to participating in more lessons to help her provide healthier meals for her family. She thanks EFNEP for providing her with the knowledge and skills needed to help her improve both her health and the health of her family.



efnep@ncsu.edu
www.ncfnep.org