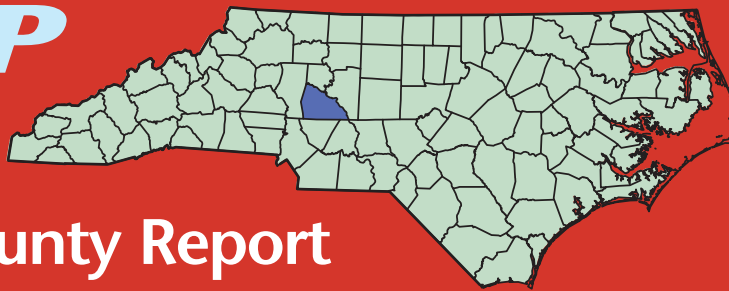




EFNEP



Rowan County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 63 families participating in EFNEP

- 100% showed improvement in their diet.
- 98% of EFNEP participants showed improvement in their resource management practices.
- 98% of EFNEP participants showed improvement in their nutrition practices.
- 94% of EFNEP participants showed improvement in their food safety practices.
- 33% 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

North Carolina has the 17th largest percentage of citizens who are overweight and obese. The percentage of population who are overweight or obese in Rowan County is even higher than the state average. The Expanded Food and Nutrition Education Program (EFNEP) recently offered a series of classes to young parents of children identified as overweight or obese. One of the participants in the class has an eight-year-old daughter who weighed 140 pounds at the beginning of the program. This participant shared that her daughter's doctor and school nurse had instructed her to begin a healthy diet and exercise program. She shared that she hoped EFNEP could provide the help she needed so that she could help her daughter. Nine sessions and five months later, the family was choosing healthier foods and beverages and exercising daily. The daughter lost 40 pounds and her mother lost 20 pounds. The mother shared that the family now prepares meals and eats together as a family, limits the amount of TV time and walks after dinner. On a return visit to her daughter's doctor, he shared that he was very pleased to see these results. The participant's daughter was encouraged to try out for a community youth cheerleading team and is now able to participate as a result of the healthy changes made by this family.



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