



EFNEP



Sampson County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Sampson 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 208 families participating in EFNEP

- 100% showed improvement in their diet.
- 98% of EFNEP participants showed improvement in their resource management practices.
- 99% of EFNEP participants showed improvement in their nutrition practices.
- 86% of EFNEP participants showed improvement in their food safety practices.
- 46% increased their amount of physical activity.

Adult Program Success

North Carolina's Sampson County is experiencing a large number of Latino immigration. In an effort to reach these needy families, the Expanded Food and Nutrition Education Program (EFNEP) partners with the Sampson County Community College's English as a Second Language (ESL) program to deliver nutrition education. The Extension EFNEP Program Associate teaches the nutrition lessons in English and the participants learn the English through hands-on participation during the classes. Following the classes, the ESL instructor reviews the English words that presented the greatest challenge to the class. EFNEP is meeting the goals of the program while these participants are learning English. A recent participant gave a testimonial to the class in English, sharing that she now reads labels, uses less fat, sugar and salt in her food preparation, walks 2 miles a day with her children and has lost 7 pounds in the past three weeks. She credits EFNEP with helping her make these changes to improve her health and the health of her family.



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