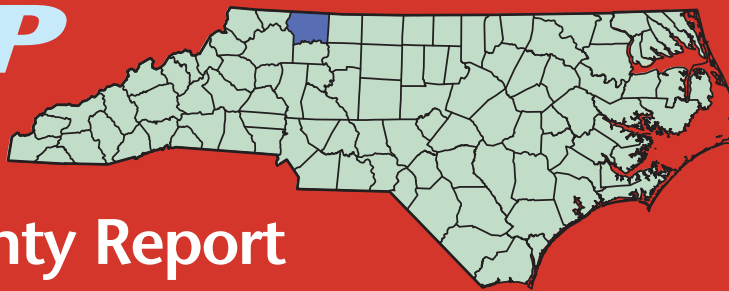




EFNEP



Surry County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 408 families participating in EFNEP

- 97% showed improvement in their diet.
- 95% of EFNEP participants showed improvement in their resource management practices.
- 95% of EFNEP participants showed improvement in their nutrition practices.
- 67% of EFNEP participants showed improvement in their food safety practices.
- 38% 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

Families' busy and conflicting schedules often make it difficult to eat together. Often, families do not have the knowledge and skills necessary for planning and preparing healthy meals at home. Limited resource families face an additional challenge to provide healthy meals for their families on tight budgets. Current research supports many physical health benefits and positive emotional benefits of families eating together. The Expanded Food and Nutrition Education Program (EFNEP) uses the curriculum, *EFNEP's Families Eating Smart and Moving More*. Curriculum lessons help families gain the knowledge and necessary skills to plan, shop, fix and eat healthier meals at home. In particular, the *Fix it Fast, Eat at Home* lesson teaches families that it is healthier and more cost effective to prepare meals at home. One participant from a recent class shared that she learned how to plan nutritious meals with less fat and more fruits and vegetables to enjoy with her family. Prior to EFNEP her family had been eating a lot of fast food. As a result of her participation in EFNEP, this participant stated her family has reduced the time they spend eating out and are now eating more meals at home as a family. She shared that she has noticed a positive influence in the health and emotional well-being of her children. EFNEP had a strong, positive impact on this family.



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