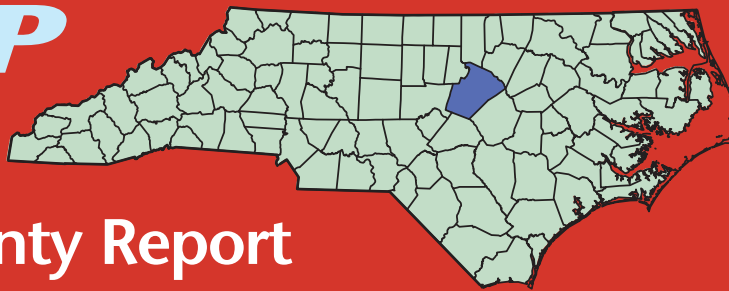




# EFNEP



## Wake County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

### Results of the 697 families participating in EFNEP

- 98% showed improvement in their diet.
- 94% of EFNEP participants showed improvement in their resource management practices.
- 93% of EFNEP participants showed improvement in their nutrition practices.
- 81% of EFNEP participants showed improvement in their food safety practices.
- 49% 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

Research in food behavior related to childhood overweight and obesity finds that children who watch TV at mealtime eat far fewer fruits and vegetables than those who sit down to a quiet dinner. Compared to households with low television viewing habits, children in households with high viewing habits consumed more red meat, more salty snacks and twice, as much caffeine. The Expanded Food and Nutrition Education Program (EFNEP) class, "Limit TV", teaches parents of young children to understand the link between television viewing and weight in children. A returning WIC participant stated, "I am so glad I was able to participate in the class on watching too much TV. I was having a hard time getting my daughter to eat fruits and vegetables. After the class, we no longer eat with the TV on. My daughter is now eating much better and we are playing and cooking together instead of watching TV. When my family comes over for dinner the TV is off and everyone likes the idea of having a conversation. We had no idea how much the TV was taking over our lives." EFNEP encourages families to eat more meals together without television. Families not only benefit by improving their consumption of healthier foods, they re-connect as a family.



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