



# EFNEP



## Watauga County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

### Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Watauga 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 15 families participating in EFNEP

- 100% showed improvement in their diet.
- 100% of EFNEP participants showed improvement in their resource management practices.
- 100% of EFNEP participants showed improvement in their nutrition practices.
- 79% of EFNEP participants showed improvement in their food safety practices.
- 29% increased their amount of physical activity.

### Adult Program Success

The Center for Disease Control and Prevention has associated unhealthy eating and physical inactivity with obesity and several chronic diseases. It states such conditions can decrease one's quality of life. To keep health risks from reducing the quality of life of Watauga County families, the Expanded Food and Nutrition Education Program (EFNEP) recently shared tips for planning and preparing quick and nutritious meals with a group of parents who have special needs children. The EFNEP Program Assistant explained that if utilized, the tips would allow families to schedule time for physical activity into their daily routines.

As a result, one parent shared how the quality of her life had improved. She wrote, "After coming to your classes I began walking after work and trying to be more conscientious about what I ate. I did not feel like I could take time for myself before. Now my blood pressure and cholesterol have both improved and I am feeling much better!"



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