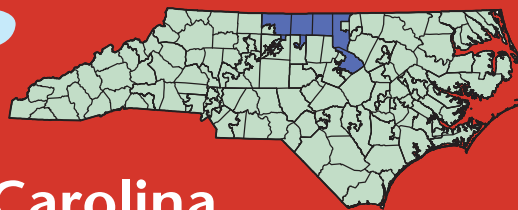




EFNEP



Serving Caswell, Guilford, Rockingham and Wake counties

2008 North Carolina Congressional District 13 Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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.

Supporting North Carolina’s Families with Greatest Needs Since 1969

EFNEP helps families and youth with limited resources—those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical nutrition information, food preparation, food resource management and food safety education in settings convenient for the participants. EFNEP graduates reflect significant, lasting improvement in eating behaviors and healthy food habits.

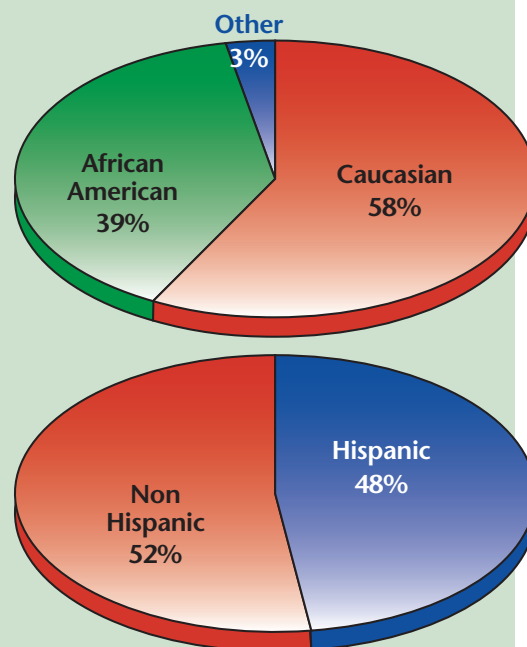
Volunteers Strengthen EFNEP

In 2008, 211 adults and youth donated 7,280 hours on behalf of EFNEP. At a rate of \$19.51 per hour this is equivalent to \$142,033. Volunteers make a difference in their own communities, and contribute to EFNEP’s ongoing success.

North Carolina EFNEP Reaches Diverse Audiences

In 2008,

- 466 families enrolled in EFNEP
- 955 participated in 4-H EFNEP
- 91% of EFNEP participants were also WIC participants
- 97% of EFNEP participants enrolled in one or more food assistance programs.



The 13th Congressional District EFNEP program obtained over \$44,008 in funding and support from local efforts.

EFNEP Makes a Real Difference for Limited Resource Adults

Participants completing the series of lessons improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 82% improved in one or more food safety practices
- 91% improved in one or more nutrition practices
- 57% used food labels more often to make food choices
- 93% improved in one or more food resource management practices
- 49% of participants increased the amount of physical activity
- 98% of participants improved their diet
 - 67% increased fruit consumption
 - 46% increased vegetable consumption
 - 48% increased consumption of calcium-rich foods

Recent research shows the positive effects of families eating together. In North Carolina, we track meals eaten together as an indicator of participant families' well being. In 2008 clients were asked "How often do you eat meals or snacks with one or more family members?" After EFNEP participation, 35% of families more often ate together. EFNEP makes a difference in families!

EFNEP Makes a Real Difference for Limited Resource Youth

Through a series of classes, 4-H EFNEP participants learn basic nutrition, the importance of daily physical activity, how to make healthy food choices, and food safety in preparation and storage. Evaluation data shows the following:

- 71% of the youth reported eating a variety of foods
- 78% increased their knowledge of human nutrition
- 86% increased their ability to select low-cost, nutritious foods
- 43% improved practices in food preparation and safety

EFNEP Makes a Real Difference for Limited Resource Pregnant Teens

EFNEP encourages pregnant teens to make healthy food choices, seek professional prenatal care, and achieve their educational goals. Pregnant teenagers that take part in our hands-on program use the knowledge they gain to make positive choices in their diet, which results in reduced risk of low-birth-weight infants. Society at large benefits from reduced infant mortality, lowered health care cost and the increased economic stability of families. As a result of participation in EFNEP:

- 36% of pregnant teens improved food safety practices
- 36% used food labels to make food choices
- 100% improved their diet
 - 55% increased fruit consumption
 - 36% increased vegetable consumption
 - 46% increased consumption of calcium-rich foods

In Caswell County, the Expanded Food and Nutrition Education Program (EFNEP) partners with a local Women, Infants and Children's (WIC) program to offer EFNEP education to pregnant women onsite at the WIC clinic. During one of the series of classes, a 20-year-old pregnant mother of a 21-month-old child, shared that she did not eat breakfast and that when choosing beverages to drink for meals and snacks, she often chose soft drinks. Following the fifth lesson, the participant shared she had made some changes. She is now eating breakfast as a part of her healthy eating plan and chooses reduced fat milk and water rather than soft drinks. She said she feels better since she started eating breakfast and drinking fewer sodas.

Teenagers are known to have poor eating habits. The consequence of poor nutrition is compounded when a teen becomes pregnant. During their first meeting, one group of pregnant teens enrolled in the Expanded Food and Nutrition Education Program (EFNEP) shared that they often chose fast food for their meals. During the series of classes, the teens learned how fast foods are higher in calories, sodium and fat and often lack important vitamins and minerals. They learned how to compare food choices when choosing fast food to make healthier choices for themselves and their unborn baby. Prior to EFNEP, most of the teens thought making good choices meant buying the value meal. They also learned the importance of choosing fast food less often. As a result of EFNEP, this group of participants stated they were eating fast food less often and eating more meals at home. Two of the participants stated that when they did chose fast food, they were making better choices. They were choosing plain baked potatoes, salad or fruit instead of fries and water instead of soda.

The 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) partnered with a local alternative school to offer a series of nutrition education classes to a group of teenage parents. As a result, many of the participants became very interested in not only staying healthy themselves, but also keeping their babies healthy. They stated that they were especially interested in increasing their consumption of fruits and vegetables after learning about all the vitamins and minerals they contained. Each student said they would make changes to include more fruits and vegetables in their diets. They also wanted to help educate other family members of the importance of consuming fruits and vegetables and other nutrition tips they had learned from the sessions.

