Supporting North Carolina’s Families with Greatest Needs Since 1969

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, physical activity strategies, and shopping on a limited budget. EFNEP provides:

- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together

North Carolina’s Challenges

- In North Carolina, 1 in 5 children live in poverty.
- North Carolina’s adult obesity rate is currently 32%.
- 15.2% of 2- to 4-year-olds from low-income families are obese. This makes us the 16th most obese state.
- North Carolina has the 15th highest rate of diabetes and the 11th highest rate of hypertension.

WHAT IS EFNEP?

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. In 2019, EFNEP served 45 counties in North Carolina. Participants learned how to:

- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

Volunteers Strengthen EFNEP

In 2019, 76 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

EFNEP Reaches Diverse Audiences in Columbus County

In 2019: 871 youth participated in 4-H EFNEP in Columbus County

Caucasian: 51%
African American: 34%
Other: 15%
Hispanic: 17%
Non Hispanic: 83%

EFNEP Makes a Real Difference in Columbus County

- 89% of EFNEP participants improved dietary intake.
- 55% now practice daily physical activity.
- 50% practice better food resource management.
- 64% have improved their food safety habits.

Volunteers

1,581 hours
$25.43/hour
$40,200 in-kind contribution
EFNEP Helps Youth Choose Less Sugar

Over a four-month period Columbus County EFNEP partnered with Acme Delco Elementary School to offer a series of nutrition education classes to the students in the school. EFNEP taught classes about healthy eating based on MyPlate. An area of particular interest to the students was reducing their sugar intake.

Students learned to choose fresh fruit instead of fruit juices and water and low-fat milk instead of sugary soft drinks.

An open discussion took place in the classroom about the effects of sugar on the body. Students shared stories about family members who were suffering with health issues such as diabetes. Several students expressed how they wanted to live healthier lives now so that they would not be affected with these types of chronic diseases later in life.

After the lesson series was completed, teachers reported that many students started bringing healthier drink choices with their lunches. They even overheard a few students discussing the amount of sugars in their drinks to help each other make the best choice.