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.

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

EFNEP Reaches Diverse Audiences in Robeson County
In 2018: 57 families enrolled in EFNEP
172 participated in 4-H EFNEP
93% of EFNEP participants enrolled in one or more food assistance programs.

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 2018, 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

EFNEP Makes a Real Difference in Robeson County
92% of EFNEP participants improved dietary intake.
75% now practice daily physical activity.
82% practice better food resource management.
67% have improved their food safety habits.

Volunteers Strengthen EFNEP
In 2018, 42 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

166 hours
$24.69/hour
$4,108 in-kind contribution
Robeson County EFNEP programs obtained $30,000 in funding and support from local efforts.

EFNEP SUCCESS

EFNEP Graduates Learn to Eat Smart and Move More

The Robeson County Cooperative Extension Expanded Food and Nutrition Education Program partnered with Grace Court Transitions Housing Facility to offer a series of nutrition education lessons to facility residents.

At the conclusion of the series, residents shared their successes with the EFNEP Educator. All of the participants from the group expressed that they have started adding vegetables to their meals for themselves and their families. Participants who had previously stated they were not confident in their cooking skills, expressed they are now able to use basic cooking skills at home to prepare meals for their families. One of the participants was excited to report that as a result of the EFNEP classes she tries to make more time to be physically active and tries to do some of the Move More activities.

EFNEP Summer Camp Helps Youth Eat Smart and Move More

In partnership with Lumberton Recreation Center at Bill Sapp Summer Camp, Robeson County’s Expanded Food and Nutrition Education Program (EFNEP) conducted a six-week series of classes. Youth were taught lessons on healthy food options utilizing the Camp, Cook, Play! curriculum which focuses on using MyPlate and promoting daily physical activity. Participants were encouraged to try healthy snacks and were given recipes to try at home.

Youth completing the program reported being confident in choosing healthy snacks and also showed improvement in doing a greater variety of physical activities. The youth shared program recipes with their parents and prepared the recipes together at home.