

## 2017 NC Cooperative Extension Congressional District 10 Report

### North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **31.8%**.
- **15%** of 2- to 4-year-olds from low-income families are obese. This makes us the **17th** 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 District 10

In 2017: **96** families enrolled in EFNEP  
**569** participated in 4-H EFNEP  
**84%** 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 2017, 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 District 10



**80%** of EFNEP participants improved dietary intake.



**25%** now practice daily physical activity.



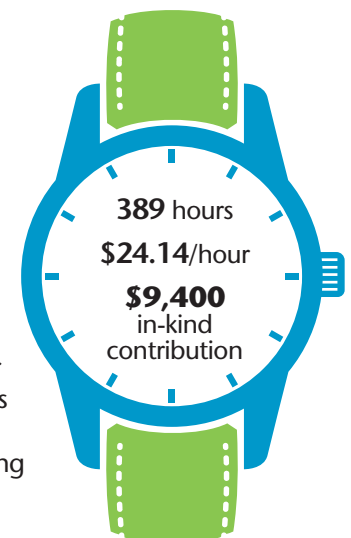
**93%** practice better food resource management.



**77%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **41** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



# 2017 NC Cooperative Extension Congressional District 10 Annual Report


Congressional District 10  
EFNEP programs obtained


\$20,269

in funding and support  
from local efforts.

## EFNEP SUCCESS



 EFNEP helps families learn practical knowledge and skills to improve their dietary intake. During the 2017 reporting year, 100% of participants in Gaston County made dietary improvements, with 60% increasing fruit intake and 40% increasing vegetable intake.

 EFNEP participants learn simple ways to add more activity to their day. As a result of what they learned, 65% of the participants in Buncombe County applied these strategies to increase their level of physical activity.



## Graduation From EFNEP – Family Food Safety

The Expanded Food and Nutrition Education Program (EFNEP) frequently partners with groups that support grandparents raising grandchildren. Following one series, a grandparent participating in the class shared with the EFNEP Educator how much she had learned while attending the series of classes.

Upon her daughter's release from prison, she encouraged her daughter to participate in EFNEP so she could learn the same helpful information that her mother had learned earlier in the year. The grandmother served as a volunteer for the series of EFNEP lessons that her daughter participated in giving them the opportunity to learn alongside each other.

During one of the lessons focused on keeping foods safe, the EFNEP Educator talked with participants about storing foods at safe temperatures and keeping them out of the Temperature Danger Zone. The daughter commented that she now understood why her mother no longer left meat to thaw on the countertop as she did before.

As the series continued, the daughter and her mother began incorporating more of the strategies they learned such as reading labels and comparing unit prices while they were shopping. Also, they made sure to use correct food safety practices in the kitchen they now share. The EFNEP classes were important for the daughter as she learned valuable skills to feed her own daughter nutritious foods. Recently she shared, "I'm going to graduate just like my mom."



## Learn, Shop & Save

EFNEP partnered with the Free Market, a Manna Food Bank distribution site hosted by Montmorencia United Methodist Church to offer a 10-lesson series where recipients learned how to plan meals, shop smart, and keep foods safe. A hands-on food preparation activity allowed participants to prepare recipes that contained fresh produce and other nutritional foods being offered at the Free Market that day. Their in-class EFNEP experiences gave each recipient the confidence needed to plan, prepare, and serve a variety of foods for their families at home. Additionally, participants attended a grocery store tour to practice skills they learned in class. Post evaluation data showed that 92% of participants improved their skills in food resource management and 83% improved their nutrition practices.

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