

2018 NC Cooperative Extension Congressional District 5 Report

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 District 5

In 2018: **304** families enrolled in EFNEP
1,611 participated in 4-H EFNEP
92% 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 2016, EFNEP served 45 counties in North Carolina. Participants learned how to:

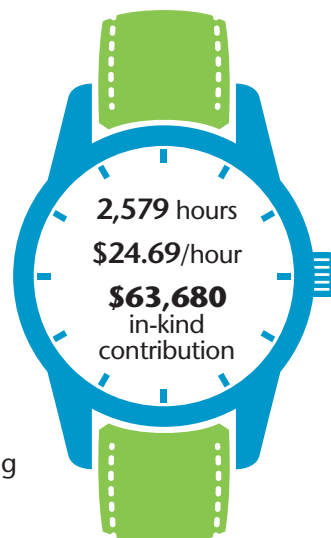
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in District 5

- 98%** of EFNEP participants improved dietary intake.
- 91%** now practice daily physical activity.
- 93%** practice better food resource management.
- 92%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **151** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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**Congressional District 5
EFNEP programs
obtained over**

\$41,237

**in funding and support
from local efforts.**

EFNEP SUCCESS

Mom Saved \$100 on Food Costs Using Skills Learned through EFNEP

In Surry County the EFNEP Educator partnered with the local community college and their GED program to teach students about nutrition and stretching their food dollars. While taking the class, one of the participants shared that she was spending over \$200 per week on groceries and struggling to feed her family.

After following the practices learned through EFNEP for several months, the young mother, realized that she was cutting her grocery bill in half. She shared, **“I went from spending \$200 per week on groceries to spending less than \$100 per week. Now I have enough money to feed my family nutritious meals throughout the month.”**

Youth Learn Skills Resulting in Positive Dietary Behaviors

Providing youth with basic nutrition concepts helps to improve their food preparation and safety skills. It also fosters positive dietary behaviors that they will carry with them into and throughout adulthood. The Expanded Food and Nutrition Education Program in Avery County teaches elementary students to eat more fruits and vegetables every day.

A teacher reported that she had noticed students becoming more aware of the foods they consume during lunch. Success was realized when the program’s pre and post evaluations showed a 92% improvement in the number of students eating more fruits and vegetables.



A New Me with EFNEP

Teaching families knowledge and skills to help them adapt healthy eating and physical activity behaviors is the goal of EFNEP. The EFNEP Educator in Forsyth County teamed up with community leaders to establish a series of classes for families.

One of the participants, who had been diagnosed with diabetes prior to attending, revealed that the program helped her gain a new mindset on how to develop and maintain a healthier lifestyle for herself and her family. The participant expressed that the six-week session helped her lose a total of six pounds! EFNEP empowered her to learn more about reading food labels and the importance of understanding nutrients she should limit and increase. This information was essential to managing her diabetes. The participant credits EFNEP with helping her select proper portion sizes and with balancing her blood sugar. She states that the program allowed her to change her way of eating while enjoying things she loves. Since the conclusion of EFNEP, in addition to adopting healthier eating practices, she has incorporated 30 minutes of walking every day with her grandson.



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