



2018 NC Cooperative Extension Congressional District 1 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 1

In 2018: **329** families enrolled in EFNEP
2,943 participated in 4-H EFNEP
90% 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 1

- 98%** of EFNEP participants improved dietary intake.
- 88%** now practice daily physical activity.
- 91%** practice better food resource management.
- 91%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **251** 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 1
EFNEP programs
obtained over**

\$75,635

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

EFNEP SUCCESS



Overcoming Barriers to Physical Activity

The EFNEP Educator in Vance County, partnered with the Vance County Farmers Market to establish a series of six nutrition education classes using the *Families Eating Smart and Moving More* curriculum. Throughout this series, the Educator introduced a variety of easy, inexpensive workout tips and concepts, such as Zumba, to the participants to encourage them to eat smart and move more.

The class really enjoyed all the physical activity and the food demonstrations. Several of the participants mentioned that they were doing line dances with their grandchildren. The participants also mentioned that they were able to make healthier snacks with their grandchildren when they came home from school. The EFNEP Educator followed up with the participants a couple of weeks after the program and was delighted to find that most of them have been keeping track of how many calories they intake and they were still exercising every day.



Fruit Consumption Among Youth

The EFNEP Educator in Martin County partnered with Rodgers Elementary School kindergarten class to establish a series of six 4-H EFNEP lessons using the *Adventures in Nutrition* curriculum. Through *Adventures in Nutrition*, kindergarten students engaged in taste testing. The EFNEP Educator in Martin County prepared a recipe of Easy Fruit Salad during the "Land of the Rainbows" lesson. The recipe included fruit cocktail, pineapple, grapes, and low-fat vanilla yogurt. Many of the kindergartners expressed they liked the Easy Fruit Salad during the taste testing. One student liked the Easy Fruit Salad recipe so much that she asked her parent to contact the EFNEP Educator for the recipe in order to make it together at home. The parent also expressed excitement that her child was consuming more fruit and wanted to try new foods since the taste testing. The 4-H EFNEP classes the kindergarten students participated in are a great example of the change that can occur if students are encouraged to eat healthier food choices such as whole fruits.



Grandparent Parenting Teens Learns Thrifty Meal Planning and Recipes

A Warren County grandmother, who is responsible for her three teenage grandchildren, enrolled in EFNEP's *Families Eating Smart and Moving More* program. This grandmother was faced with the difficult task of providing nutritious meals using SNAP benefits and very little cash for her food budget.

When reviewing the participant's entry 24-hour food recall, the EFNEP Educator noticed that this grandmother ate less each meal. The grandmother shared that she did this to ensure her grandchildren had enough to eat. An analysis of her entry food and physical activity behavior questionnaire revealed that she ate insufficiently 80% of the time and ran out of SNAP benefits each month.

The Educator learned that the grandmother spent a lot of money on meat and because of this, she didn't serve as many fruits and vegetables as she wanted to offer. The EFNEP Educator included low-cost recipes that utilized canned tuna and chicken, much lower-cost meat products. She encouraged the grandmother to plan a menu and prepare the recipes with her grandchildren.

By the end of the program, the grandmother shared that she and her grandchildren were cooking meals together using the EFNEP recipes. She also shared that she now plans meals around fruits and vegetables and that she is now able to stretch her SNAP benefits so that she no longer runs out of money for food.



No More Stomachaches!

One young mother in Edgecombe County did not know that she shouldn't thaw her meats on the counter. She admitted to leaving meats out in the sink for hours before she cooked them. She never used a meat thermometer, and had no idea how to use one. She said that she and her young daughter always had stomachaches or did not feel well on days after she cooked.

Since participating in EFNEP, this mother is now more careful when it comes to food safety. She thaws her meat in the refrigerator, and even uses a meat thermometer to tell when her meat is cooked sufficiently. She nor her daughter have had a single stomachache since participating in EFNEP. She is cooking at home more since she learned how to prepare easy to fix and healthy recipes in EFNEP. She is going to make sure that when her daughter gets old enough that she teaches her all about food safety and how to properly cook foods so that she does not make her family sick.

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