



2018 NC Cooperative Extension Congressional District 10 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 10

In 2018: **69** families enrolled in EFNEP
550 participated in 4-H EFNEP
74% 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 10

-  **92%** of EFNEP participants improved dietary intake.
-  **87%** now practice daily physical activity.
-  **87%** practice better food resource management.
-  **85%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **48** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2018 NC Cooperative Extension Congressional District 10 Report

Congressional District 10
EFNEP programs
obtained over

\$20,239

in funding and support
from local efforts.

EFNEP SUCCESS



Healthy Snacks and Proper Handwashing

The Expanded Food and Nutrition Education Program (EFNEP) partnered with the Salvation Army Boys and Girls Club and taught the youth about nutrition and healthy living.

One youth participant, a fourth-grade girl from a large family, showed a special interest in the EFNEP lessons. She shared that after each lesson she was excited to tell her mother about the new snack she tried that day. She told the EFNEP Educator that she wanted to try to stop eating unhealthy snacks and encourage her family to make more healthy snacks.

She shared that she was washing her hands differently after learning the importance of proper handwashing through EFNEP. She even stopped some girls in the school bathroom after they quickly washed their hands and told them that they needed to wash their hands for at least twenty seconds for their hands to be clean.



Struggling Mom Looks to EFNEP for Help

One young mother participating in EFNEP in Buncombe County shared with the EFNEP Educator that her family's housing costs had doubled in two years, and they were struggling to make ends meet. One of the goals of EFNEP is to help families develop skills that can help them stretch their food resources.

The mother attended EFNEP classes at a local food pantry. The food pantry provided food boxes to the participants following each class. During each class, the Educator featured a low-cost recipe and talked about meal planning around the food that was provided. In one class, the EFNEP Educator led participants in making a vegetable stir-fry. Participants learned that they could use vegetables in their food box to make the stir-fry. The young mother was very excited because she had never thought about making a stir-fry using so many different vegetables. She stated, **"With the help of the EFNEP classes and the free produce, I have been able to cut my grocery bill in half. I have also learned ways to use the food that I get from the WIC Program that I was wasting before."**

A pre and post food recall and behavior survey comparison from this group revealed that 75% of the participants increased their fruit and vegetable consumption. Although EFNEP cannot change the cost of housing, it can help young families stretch their food dollars so that more of the family's budget can be used for housing.



EFNEP Changes Family's Outlook on Life

The Gaston County EFNEP Educator partnered with the Highland Health Center to offer a series of nutrition education classes. Most of the participants were single women working over full time to support their children and/or grandchildren. One woman, a mother of two, did not miss a single class and showed a heightened interest in the program topics. Her teenage daughter frequently came with her and was involved in her family's lifestyle change.

Before participating in EFNEP, this woman stated that her family frequently ate fast food and she **"seldom cooked."** Her family would overeat and their portion control was lacking. Her interest in changing the way her family eats started when she was diagnosed with diabetes. She realized that if she does not change the way her children eat now, those bad habits will stick with them and they will have a high probability of getting diabetes in their adult lives.

She says of EFNEP, **"It has given my family a new outlook on food, shown us ways to eat healthier, and taught us ways to save money when shopping for groceries."** Her family has started making meals at home, and she is really enjoying preparing the healthy recipes she gets from EFNEP with her daughter. She says, **"Being in EFNEP has changed my outlook on life with real life changes that are possible for me to do, to achieve my goal of raising a healthier family."**



Healthy Eating Classes Change Family

EFNEP classes were offered to the Adult High School participants in Gaston County. These women appreciated the EFNEP classes because the lessons gave them strategies to feed their families healthy, safe, affordable meals in the midst of their busy schedules.

One participant is the mother of one child who suffers from overeating and another who is a picky eater. This woman came into the first class stressed about her children's eating behavior. Through EFNEP, she learned strategies to help feed her children in a way that is healthy for each of them. One of her biggest takeaways was that she and her husband have to both be on board with an eating plan for their children. Since her EFNEP experience, she has been successfully encouraging her husband to follow the food rules she has set for their children and has seen improvement in their children's eating behavior. She has said about her participation in EFNEP, **"I came into the EFNEP program frustrated with my kids and my husband, but I have now realized that my family is on this journey towards healthy eating habits together."**

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

