



2018 NC Cooperative Extension Congressional District 11 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 11

In 2018: **73** families enrolled in EFNEP
2,101 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 11

- 94%** of EFNEP participants improved dietary intake.
- 76%** now practice daily physical activity.
- 78%** practice better food resource management.
- 78%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **138** 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 11
EFNEP programs
obtained over

\$58,792

in funding and support
from local efforts.

EFNEP SUCCESS

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 Participant Makes Changes and Leads Others in Being Physically Active

As a result of EFNEP in McDowell County, one participant attending an ESL class with several other women, organized a group walk that met an hour before class. They would walk uptown and get their exercise while also having time for positive social interaction. They reported that on the days they walked, they all felt calm and rested and more alert to learn.

The participant is continuing this healthy lifestyle change today. She has organized a few hikes for her class, as well as an activity where they distributed painted rocks in the downtown area. She credited the EFNEP lesson "Choosing a Healthier You for Life" with her continued changes.



Teen Improves Self Esteem by Learning How to Eat Smart and Move More

During a recent Macon County EFNEP series, a sixth-grade participant shared that she was a bit depressed, overweight, and just unhappy with herself. She was attending EFNEP's *Teen Cuisine* classes at Mountain View Intermediate. Each week the class was given different challenges including: being active every day, reading nutrition facts, and eating breakfast daily.

The class sampled overnight oats during a lesson on the importance of eating breakfast. The participant said she started making the overnight oats and eating them every morning. She said they made her feel so much better. She also started being more active every day.

At the end of our classes she stopped by to tell the EFNEP Educator how much she appreciated the lessons. She said that because of the classes she learned how important reading nutrition facts and watching her food choices are. She was so very proud of herself! She had lost 11 pounds and was excited to continue this journey. Through EFNEP, this young girl learned that being physically active and making better food choices will help her reach her own health goals and feel better about herself as a result.



EFNEP Helps Children Develop Positive Attitudes toward New Foods

The 2015 Dietary Guidelines recommend that we consume a variety of foods to ensure a healthy eating pattern. But many children often refuse new or healthy food options.

The EFNEP Educator partnered with Transylvania County Schools and focused the first-grade learning objectives for the EFNEP series on trying new foods. In order to engage all styles of learning, the Educator provided opportunities for visual, auditory and kinesthetic learners when introducing new foods. The Educator also included experiential activities in preparing and tasting foods. The nutrition lesson series included a "vote for your favorite" veggie taste test; as well as, sampling of whole grain foods, lean proteins, low-fat dairy foods, fruits, and vegetables.

Because students were provided with fun, multi-faceted, safe opportunities to experience and learn about foods, most students reported trying a food for the first time during the lessons. The students' positive associations with new foods, which were developed during the series of EFNEP classes, will encourage students to try new foods in the future leading to a more varied and potentially, more nutritious diet.

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