



2018 NC Cooperative Extension Congressional District 12 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 12

In 2018: **59** families enrolled in EFNEP

80% 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 12

- 96%** of EFNEP participants improved dietary intake.
- 84%** now practice daily physical activity.
- 87%** practice better food resource management.
- 93%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **6** 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 12 EFNEP programs obtained over

\$962

in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Helps Participants Increase Fruits and Vegetables in Family Meals

Throughout each series of lessons offered in Mecklenburg County, the EFNEP Educator focused on strategies to help participants include more fruits and vegetables in their family meals.

As a part of each lesson, fruits and vegetables were featured.

An analysis of pre- and post- program data shows the following successes:

- 81% of participants eat fruit more often each day.
- 73% of participants eat vegetables more often each day.
- 85% of participants eat red and orange vegetables more often each week.
- 77% of participants more eat dark green vegetables more often each week.



Participant Meets Healthy Weight Goal as a Result of EFNEP

One of the participants in an EFNEP series held at the Supportive Housing Community in Mecklenburg County learned how to start making simple lifestyle changes to reach and maintain a healthy weight. After participating in the classes, one participant started planning meals, eating before buying groceries and adding “way more fruits and vegetables to her plate.” She shared, “Your class was a lot of fun, but even more importantly it opened my eyes to the fact that there are small things that I could do daily that will have a big effect on my health. I plan to use all that I learned to continue my weight loss throughout the year. I am sure I will fail at times, but I have a much larger general pool of knowledge to access and pull from now thanks to the EFNEP lessons. Thank you for your time and effort (and the delicious yet healthy dishes you prepared and shared with us all)!”



Teen Mom Saves on Food Costs as a Result of EFNEP

EFNEP partnered with Florence-Crittenton Center, a program that serves at-risk and pregnant adolescents, to offer a series of nutrition education classes.

One participant shared that her favorite part of the program was learning how to save money on her grocery bill. She shared, “The EFNEP classes also taught me how to save money by using leftovers as ingredients in other meals and by looking at the unit prices at the grocery store. The extra money I save is put towards buying little things that my new baby boy needs.”

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