



# 2018 NC Cooperative Extension Congressional District 13 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 13

In 2018: **52** families enrolled in EFNEP  
**651** 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 13

- 96%** of EFNEP participants improved dietary intake.
- 83%** now practice daily physical activity.
- 87%** practice better food resource management.
- 77%** have improved their food safety habits.

## Volunteers Strengthen EFNEP

In 2018, **89** 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 13  
EFNEP programs  
obtained over**

**\$58,784**

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

## EFNEP SUCCESS



### Student Gains Confidence, Learns to Cook

The Expanded Food and Nutrition Education Program (EFNEP) partnered with a middle school Family and Consumer Sciences class in Guilford County. The teacher wanted to expand upon the class's curriculum to include information on nutrition as it relates to food preparation.

The Educator and students prepared recipes at the conclusion of each lesson. One student shared that she was not comfortable in the kitchen and often avoided making anything that had multiple steps. The participant stated she mostly chose pre-packaged/ready for meals and snacks. The Educator shared that these foods are often high in sodium, saturated fat, sugar, and calories. During the lessons, the Educator taught the youth how to read a recipe, how to measure ingredients, knife skills, food and kitchen safety, and simple cooking techniques.

Throughout the series, the participant became more comfortable completing food preparation in the kitchen. With each task she accomplished, she became more adventurous and volunteered to try new tasks to complete the recipes. The participant expressed that she now prepares more meals and snacks at home.



### Third-Grade Student Takes EFNEP Lesson Home and Changes Family Plate

Following a lesson on "Choosing More Fruits and Vegetables," a third-grade student shared that she and her mom decided to try the challenge the EFNEP Educator had given to her class that week. The student and her mom went to the grocery store and picked out fresh fruits and vegetables that week and talked about how they could make their plates look like MyPlate by having fruits and vegetables on half for most of their meals.



### EFNEP Graduate Reduces Stress, Saves Money by Planning Meals

Before attending EFNEP classes, a recent participant was having difficulty making her food dollars, including EBT, last until the end of the month. Utilizing the *Families Eating Smart and Moving More* curriculum, the EFNEP Educator focused on helping participants gain food resource management skills as part of every lesson.

As part of the lessons, the Educator led participants on a tour of a local farmers' market offering double-up bucks for EBT and shared how planning meals ahead, shopping with a list, and utilizing in-store sales and coupons can all help save money.

Following the series of lessons, this participant applied all the skills she learned through the class to make her food dollars last throughout the month. She now visits the local farmer's market to take advantage of the double-up bucks program and to incorporate more fresh fruits and vegetables in her cooking. This participant has also noted that since she has been using her shopping list pad, she saves more money and plans her meals ahead which reduces her stress and saves her time, too.



### Middle Schooler Learns Importance of Whole Grains

During a recent EFNEP series, one middle schooler shared how she regularly chose sugar-sweetened snacks whenever possible. These were easy to grab treats at home and were a quick snack at school. She shared that she didn't like any of the "healthy stuff" such as whole grains.

During one lesson, the EFNEP Educator talked about the importance of whole grains, how to determine whole grains from refined grains, what amount of grains she needed to consume, and what proportion of those grains needed to be whole. To help the participant realize their importance and be able to recognize whole grains, they discussed what whole grains do for our bodies. Additionally, they practiced looking for whole grain foods using the Nutrition Facts Label.

After this lesson, the participant said she started to make better choices when choosing grain items and even that her choices have influenced others around her to do so, too.

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