

2018 NC Cooperative Extension Congressional District 2 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 2

In 2018: **214** families enrolled in EFNEP
1,077 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:

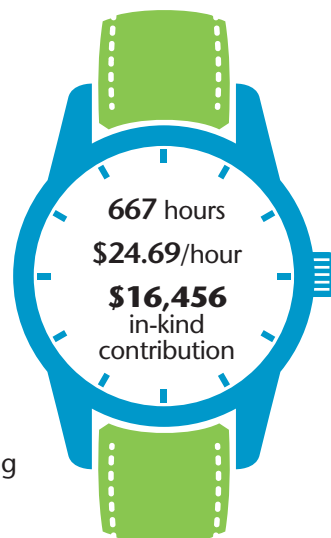
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in District 2

- 97%** of EFNEP participants improved dietary intake.
- 92%** now practice daily physical activity.
- 90%** practice better food resource management.
- 94%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **88** 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 2
EFNEP programs
obtained over

\$36,434

in funding and support
from local efforts.

EFNEP SUCCESS



Garden Spice

Young girls from summer Victory Tabernacle Church, in Lillington, had done very little gardening in their young lives. They did not exercise, they loved fast food and ate out often.

To address this issue, the Youth EFNEP Educator partnered with the Victory Church Tabernacle Director to provide a summer nutrition program. Twenty-six youth participated in a weekly nutrition and gardening lesson series. The program focused on building information about healthy living with exercise, games and food preparation. To encourage families to eat less salt the youth used herbs from the garden to season their food.

After the class, several of the participants mentioned they started growing herbs at home. One participant told the Educator that her family no longer used salt to season their food, and they made several of the class recipes at home instead of eating out.



Family Makes Changes

N.C. Cooperative Extension partnered with the Partnership for Children in Johnston County. When one of the participants first started the EFNEP series, she didn't believe there were any real problems that needed to be addressed. However, as the series progressed she began to learn and incorporate a variety of things that resulted in improvement in her family's health and big savings in their food budget.

Before participating in EFNEP, the participant would wash her raw produce with soap and also thawed raw meat on the counter. Through EFNEP, she learned to wash produce with water and to use a vegetable brush for root vegetables. She also now uses safe thawing practices for her meat. The participant acknowledges that EFNEP helped improve her ability to read nutrition labels. She now uses this skill to compare foods and make the healthy choice. She selects less processed foods and more whole grains. "EFNEP helps us to eat healthier. We can eat the same things we like, but with healthy alternatives."



A New Outlook on Life

EFNEP in Wake County partnered with a mobile home community to teach residents simple strategies for eating smart and moving more. One participant approached the educator about her health condition. She felt depressed because she had recently been diagnosed with diabetes. She was desperate to learn how to eat better so her condition doesn't worsen.

As part of the class series, participants learned practical ways to choose, purchase, and prepare healthy foods. Early in the series, the Educator utilized the *Walking with Leslie Sansone* DVD created for use in EFNEP as a way to begin each class. Each of the participants received a DVD so they could continue to follow the walking program at home. The EFNEP Educator challenged participants to walk at least 30 minutes each day.

By the end of the program, the participant who felt depressed because of her diabetes diagnosis, had a whole new outlook on life. She is no longer depressed but is now excited about her health. She walked for one hour a day, six days a week, and began to lose weight. She also controlled her portions and read the nutrition labels on food to make healthier choices.

She stated that the program made her feel "enthusiastic to continue doing the right thing to have a full life of health" and that she would definitely recommend the program to everyone she knows.



Family Saves on the Cost of Food

The EFNEP Educator followed up with a participant of the Johnston County program three months after graduation. When asked what changes have occurred since participating, the participant shared, "Last week I spent \$72 on my food for the week. Before the program, I was spending about \$180-200 a week. Since then, I've cut back on spending considerably. I pretty much do everything that we discussed on how to save money on food. I plan my weekly menus, analyze what my resources are and what things I have on hand. I prepare my shopping list and when I go shopping, I compare everything by their unit pricing. I started to buy store-brand products instead of name brands, and I use coupons as much as I can. I also use leftovers often and I make every effort to not let food go to waste."

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