



2018 NC Cooperative Extension Congressional District 3 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 3

In 2018: **430** families enrolled in EFNEP
2,320 participated in 4-H EFNEP
97% 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 3

- 92%** of EFNEP participants improved dietary intake.
- 75%** now practice daily physical activity.
- 83%** practice better food resource management.
- 86%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **192** 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 3
EFNEP programs
obtained over

\$80,930

in funding and support
from local efforts.

EFNEP SUCCESS

EFNEP Helps Military Family Improve Food Resource Management

A young military husband and wife recently attended a series of EFNEP classes taught in partnership with the Tarawa Terrace WIC office located on Camp Lejeune. During one class, the couple shared they felt like they were spending a lot of money on groceries. They shared they threw out a lot of food because the food would spoil before they used it in a meal. The EFNEP Educator asked if they planned meals and they responded that they planned their meals on a bi-weekly basis, but did not always stick to the plan.

The EFNEP Educator asked a few questions to shed some light on why the couple's plan wasn't working for them. The EFNEP Educator suggested that they try planning their meals for one week at a time rather than two weeks. During the lesson, the EFNEP Educator emphasized the importance of sticking to their plan so that they were not throwing away food. The mom said that it was a very good idea to shop weekly instead of biweekly. She was eager to see how much money she would save.

After making the changes, the couple shared they were cooking healthier meals for their family and not throwing away food by planning one week at a time.

Parents Increase Fruits and Vegetables as a Result of EFNEP

EFNEP in Pasquotank County collaborated with Head Start to teach parents to prepare healthy meals at home using fruits and vegetables.

Upon completing the series of EFNEP sessions, one parent stated, **"My children are now reminding me to purchase more fruits and vegetables when I grocery shop because they want me to prepare the EFNEP recipes."** Other parents in the group agreed. These parents are now equipped to provide healthy meals including fruits and vegetables on a budget.



EFNEP Partners with Day Camp to Address Low Fruit and Veggie Consumption

The director of a day camp recently expressed concerns that her participants were not consuming enough fruits and vegetables in their diets. The EFNEP Educator in Lenoir County met with the camp director to develop a plan to help participants increase their fruit and vegetable consumption. Together, they developed a weekly menu for camp attendees that included serving more fruits and vegetables during snack and meal times.

The EFNEP Educator taught a series of lessons and each week she introduced a new fruit or veggie for each child to taste. The EFNEP Educator provided the Camp Director with short articles, messages and recipes that were used in parent newsletters.

Following the EFNEP series, the Camp Director was excited to report that her young campers were not only eating more fruits and vegetables at the day camp, but parents had reported they were also eating them at home.



Student Learns to Like Vegetables

During a recent series to a group of Pitt County high school students, the EFNEP Educator noticed a student who was somewhat hesitant to try the vegetables that were provided as a tasting. The educator explained the benefits of eating vegetables and provided a list of the many vegetables that the student could try. The student tried the vegetables that the educator shared as part of the lessons and found that she enjoyed the recipes that included vegetables.

Halfway through the class, the student stated she really didn't eat any vegetables until the educator came into her class to teach EFNEP. At the completion of the series, the student shared that she now eats vegetables every day. She shared that her father uses the cookbook and cutting board that she received in the classes to prepare meals including vegetables at home. She stated that she is now inclined to try a new vegetable and makes sure that a vegetable is on her plate for lunch and dinner.

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