



2018 NC Cooperative Extension Congressional District 4 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 4

In 2018: **299** families enrolled in EFNEP
913 participated in 4-H 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 4

- 97%** of EFNEP participants improved dietary intake.
- 93%** now practice daily physical activity.
- 91%** practice better food resource management.
- 94%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **82** 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 4
EFNEP programs
obtained over

\$48,497

in funding and support
from local efforts.

EFNEP SUCCESS



Assimilating to American Eating

With over 1,000 Burmese refugees currently living in Orange County, there is an urgent need to educate this population pertaining to health and nutrition. The majority of refugees from Burma arrive in America after spending years in refugee camps and do not have basic knowledge about food safety practices, grocery shopping, healthy food choices, or simply how to prepare common foods sold in America.

EFNEP partnered with Orange Literacy, El Centro Hispano, and the Circle of Parents program to provide a series of nutrition classes for a group of Burmese refugees in Carrboro, NC. With the help of a native translator, EFNEP was able to provide crucial health and nutrition information to this group of deserving parents. Participants learned cooking methods, food safety practices, and experienced cooking and eating many traditional American dishes.

As a result of this program, participants expressed that they learned more about cooking the foods and keeping them safe, and one participant stated, **"I learned about nutrition, healthy foods, and how to cook for my children and my family."** This program allowed these refugees to improve their nutrition and keep their families safe and healthy.



EFNEP Bonds a Mother and Her Children

The Expanded Food and Nutrition Education Program (EFNEP) through the NC Cooperative Extension in Orange County partnered with a local community health center to teach nutrition education to a group of limited resource individuals who were at risk for developing diabetes. As a result of the program, the group as a whole lost a total of 55 pounds. One participant shared that she did not want her children to grow up with diabetes and that inspired her to make changes. She and her children engage in physical activity at least 30 minutes each day. While grocery shopping, she reads food labels and only buys products that have no added sugars and are low in salt and fat. She prepared meals using EFNEP recipes which also helped her save at least \$10 a week on food.



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.



Making Smarter Drink Choices

EFNEP in Wake County partnered with the Food Bank of Central and Eastern NC to teach food bank recipients how to prepare foods that are low in fat, sodium, and calories and to make healthy food choices. After learning that participants drank soft drinks on a daily basis, the educator decided to teach them how to prepare water infused with fresh fruit and herbs. Participants prepared and tasted several different flavors of water using ingredients such as pineapple, mandarin oranges, mint, rosemary, and strawberries to name a few.

By the end of the program, one participant stated, **"I have not drunk anymore sodas or sport drinks since I learned how to make infused water. I feel more energized, and feel better about myself."** She went from drinking 24–60 ounces of soft drinks per day to zero.

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