



2018 NC Cooperative Extension Congressional District 8 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 8

In 2018: **25** families enrolled in EFNEP
1,151 participated in 4-H EFNEP
68% 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 8

- 90%** of EFNEP participants improved dietary intake.
- 90%** now practice daily physical activity.
- 90%** practice better food resource management.
- 95%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **94** 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 8
EFNEP programs
obtained over**

\$45,005

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

EFNEP SUCCESS



Student Teaches Family to Limit Sugar

Hoke County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) collaborated with Hoke County Parks and Recreation summer program to provide six nutrition education classes to youth.

At the beginning of every class the children were excited to share the new recipes they tried at home and how much they enjoyed sharing what they had learned with their family. One participant convinced his family to stop drinking soft drinks after learning in class the number of teaspoons of sugar in his family's favorite sodas. The family now drinks more water and low-fat milk instead. These small changes have made a huge difference in the family's overall health.



Youth Learn the Value of Eating Local

EFNEP partnered with 4-H, a local grocer, and a farmer to offer the opportunity for low-income youth to learn about healthy eating.

As part of the experience, youth were taken on a tour of a grocery store that utilizes locally grown foods and to a farm that supplied food to the store. In the grocery store, youth spent a lot of time in the produce section, discussing the value of fruits and vegetables. They talked about eating more fruits and vegetables not just as meals, but also for snacks. While in the store, they had the opportunity to sample organically grown produce and fresh-made smoothies. During the farm tour they walked to a field where they saw okra growing and discussed the value of eating local.

At the conclusion of the program, 100% of youth participants indicated an increased knowledge of healthy eating and local food opportunities.



Middle School Students Learn to Make Smart Drink Choices

EFNEP partnered with Mt. Pleasant Middle School to offer a series of nutrition education classes to a group of middle school youth. As part of the series, the EFNEP Educator focused on teaching the youth about healthy drink choices.

During the lessons, students learned about the impact consuming empty calories has on their health. The EFNEP Educator expanded upon this message by taking soft drinks, fruit juices, sports drinks, energy drinks, and tea into classrooms to discuss the amount of sugar in these beverages. The Educator encouraged youth to reduce their consumption of sugary beverages and increase their water consumption.

At the conclusion of the EFNEP series, students were asked to write an essay on what they had learned through EFNEP and how they had changed their diet. Of the 60 students participating, 25% included in their essay that they had decreased the consumption of sugary beverages and increased their consumption of water.



Students Increase Cooking Skills

The Expanded Food and Nutrition Education Program in Hoke County partnered with Sand Hoke Early College to deliver six nutrition classes.

Participants were excited to learn how to prepare simple but tasty meals for themselves. Students learned both kitchen safety and food safety rules. Participants enjoyed learning how to make easy recipes that also helped them to connect what they learned to what they were putting into their bodies. Students were taught not only how to read food labels but also the importance of eating appropriate serving sizes. Students shared they were excited to go home and show off their new skills in the kitchen to their parents. One student stated that he started making the fruit and yogurt parfait for breakfast since learning how to make it during one of the lessons.

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