



2018 NC Cooperative Extension Congressional District 9 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 9

In 2018: **200** families enrolled in EFNEP
1,298 participated in 4-H EFNEP
93% 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 9

- 97%** of EFNEP participants improved dietary intake.
- 90%** now practice daily physical activity.
- 91%** practice better food resource management.
- 92%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **51** 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 9
EFNEP programs
obtained over**

\$38,078

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

EFNEP SUCCESS



EFNEP Summer Camp Helps Youth Eat Smart and Move More

In partnership with Lumberton Recreation Center at Bill Sapp Summer Camp, Robeson County's Expanded Food and Nutrition Education Program (EFNEP) conducted a six-week series of classes. Youth were taught lessons on healthy food options utilizing the *Camp, Cook, Play!* curriculum which focuses on using MyPlate and promoting daily physical activity. Participants were encouraged to try healthy snacks and were given recipes to try at home.

Youth completing the program reported being confident in choosing healthy snacks and also showed improvement in doing a greater variety of physical activities. The youth shared program recipes with their parents and prepared the recipes together at home.



Participant Meets Healthy Weight Goal as a Result of EFNEP

One of the participants in an EFNEP series held at the Supportive Housing Community in Mecklenburg County learned how to start making simple lifestyle changes through EFNEP to help her reach and maintain a healthy weight. After participating in the classes, she started planning meals, eating before buying groceries and adding **"way more fruits and vegetables to her plate."** She shared, **"Your class was a lot of fun, but even more importantly it opened my eyes to the fact that there are small things that I could do daily that will have a big effect on my health. I plan to use all that I learned to continue my weight loss throughout the year. I am sure I will fail at times, but I have a much larger general pool of knowledge to access and pull from now thanks to the EFNEP lessons. Thank you for your time and effort (and the delicious yet healthy dishes you prepared and shared with us all)!"**



Youth Learn Healthy Strategies at EFNEP Boot Camp

EFNEP in Scotland County partnered with 4-H and the county Summer Feeding Program to have a nine-week program for the youth of Scotland County.

EFNEP Boot Camp, as this program is called, incorporates nutrition, physical activity, and hands-on food preparation in every lesson. Breakfast and lunch are provided by the USDA Summer Feeding Program, which provides the youth with nutritious meals throughout the summer. EFNEP also provides healthy recipes that encourage fruits, vegetables, low-fat dairy, and whole grains.

Youth who graduate from the Boot Camp report increased fruit and vegetables intake, improved food safety practices, and increased physical activity.



Participants Increase Safety of Family Meals

During a discussion about food safety, EFNEP participants in Union County began to discuss their various methods of preparing meats. As indicated on their entry survey, none of the participants in the class had home meat thermometers to check the temperature of their meat dishes to ensure that it was cooked to a safe temperature.

Through grant funds, the EFNEP Educator provided each participant with a thermometer and a chart showing safe temperatures for cooking meats. During the week, participants recorded their meat temperatures at home and discussed their comfort and skill with the thermometer. Participants also practiced during class when preparing EFNEP recipes.

Upon exiting the class, 100% of the participants used meat thermometers at home during food preparation. By incorporating the use of a meat thermometer, the families are reducing their risk of foodborne illness from undercooked meats.

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