



2018 NC Cooperative Extension Bertie County 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 Bertie County

In 2018: **70** families enrolled in EFNEP
593 participated in 4-H EFNEP
87% 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 2018, 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 Bertie County

- 100%** of EFNEP participants improved dietary intake.
- 96%** now practice daily physical activity.
- 96%** practice better food resource management.
- 96%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **34** 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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Bertie County
EFNEP programs obtained

\$22,700

in funding and support
from local efforts.

EFNEP SUCCESS



Just One Bite

EFNEP teaches children the principles of MyPlate, a guide to healthy eating. At Windsor Elementary while teaching first grade classes, Breakfast Week occurred at the school. Each day of that week, the children ate breakfast for lunch. Many of the children had not eaten several of the foods they were being served and were hesitant to try them. The teacher reminded them of the EFNEP Educator's rule for new foods which is "Always try just one bite." The teacher decided to make a game out of trying the new foods. The children would all try the food and then try to figure out which food group the food went into. The teacher was so proud of her class because they got every food right. She said the children even figured out grits were a grain. Her students had not eaten grits before. Thanks to EFNEP classes and the teacher's support, it became a fun week of trying new foods. It is always good to hear the children are trying new foods and not wasting them. Before EFNEP, they would have thrown the new foods out without even trying them. EFNEP does stop food waste!



Youth Influences Mom to Make Changes in Home Following EFNEP

Bertie County is one of the poorest counties in the state. It is among the highest-ranking counties for poor health. This puts the youth in Bertie County at greater risk for chronic disease later in life.

EFNEP encourages parents and children to eat healthier and shows people that they can eat healthy on a budget. One of the students in first grade that participated in EFNEP went home from school and shared with her mother that she helped make EFNEP's Black Bean Salsa recipe. She bragged about how good it was and how easy it was to make. Her daughter was so excited about this recipe that her mom went out and bought all the ingredients needed to make the EFNEP salsa recipe. The two of them made the salsa together for their family. The whole family loved the salsa. Because this first grader participated in EFNEP, her whole family is now enjoying other EFNEP recipes and eating healthier. They are preparing EFNEP recipes at home, and they have discovered that they like preparing meals together. The mother discovered that preparing food with her children has established better communication between her and her children. The family is eating healthier since they are preparing healthier foods at home and the Mom has shared that she even has a little extra money in her pocket because preparing foods at home is cheaper than eating out. EFNEP teaches families to eat healthier on a budget and encourages parents and children to prepare healthier foods at home.

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