



2018 NC Cooperative Extension Chowan and Perquimans Counties 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 Chowan and Perquimans Counties

In 2018: **1,417** youth participated in 4-H EFNEP in Chowan and Perquimans Counties

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 Chowan and Perquimans Counties

- 85%** of EFNEP participants improved dietary intake.
- 39%** now practice daily physical activity.
- 41%** practice better food resource management.
- 39%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **68** 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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Chowan and Perquimans Counties
EFNEP programs obtained

\$5,600

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Makes Lasting Impression on Former Youth Participant

A past EFNEP youth program participant who is now an adult with children of her own approached the EFNEP Educator while she was working at a Smart Start event in Perquimans County. This young mother shared that she was preparing healthy EFNEP recipes with her family and practicing skills and knowledge she learned from participating in EFNEP while she was a child in school. She was so excited to learn that EFNEP was still being taught in the schools, and hopes that her children will be able to participate in EFNEP like she did.

She said that she learned how to use a knife, food safety skills, and so many other life skills because of participating in EFNEP. **“EFNEP helped me be a better mother.”**



Picky Eater Decides to Give Healthy Recipe a Try

Low-income families with children who are also picky eaters often stress over whether or not their children are getting the variety of nutrients they need to stay healthy. Using strategies to encourage children to try new foods is a part of every 4-H Expanded Food and Nutrition Education (EFNEP) lesson.

Recently EFNEP partnered with DF Walker School in Chowan County to deliver a series of lessons. One recipe that was shared with the youth as part of the Dairy lesson was the “shake a pudding” recipe. Picky eaters often won’t try a new food. One little girl was very adamant about not liking milk or anything that had milk in it. The EFNEP Educator encouraged the child to make the recipe with her classmates. Making the pudding was fun because the children had to shake, shake, shake it up. After participating in making the pudding, she actually tasted it and ended up liking it. She even had her mom take her to the store and purchase the ingredients needed for the recipe.

The 4-H EFNEP Educator was grocery shopping when this student and her mom came up to her. The mother stated that she was so grateful for her daughter to have participated in EFNEP. **“Now she is eating foods prepared with milk and is not as picky of an eater as she was prior to EFNEP.”** The mother stated she **“always worried about her daughter not getting enough calcium in her diet, and now she has one less thing to worry about.”** Because of EFNEP’s fun food activities, many children try foods that they normally wouldn’t try. They end up liking it and, therefore, increase the variety of healthy foods they eat.



Youth Takes EFNEP Lesson Home and Engages Mom in Physical Activity

As part of every lesson in a series, EFNEP encourages youth to engage in 60 minutes of daily physical activity. The EFNEP Educator leads children through fun physical activities during the lesson and encourages them to be active outside of school.

One student at DF Walker who was not active prior to the program stated that she had started walking her dog and learned how to ride a bike and now rides her bike daily. This student also got her mother to start riding a bike with her, allowing them to become physically active together.

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