



2018 NC Cooperative Extension Columbus 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 Columbus County

In 2018: **1,046** youth participated in 4-H EFNEP in Columbus County

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 Columbus County

-  **87%** of EFNEP participants improved dietary intake.
-  **50%** now practice daily physical activity.
-  **73%** 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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Columbus County
EFNEP programs obtained

\$16,347

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Youth Learn the Importance of Eating from the Five Food Groups

During a recent lesson, the Columbus County EFNEP Educator taught students about the five food groups and how to incorporate them throughout the day. She displayed the food groups on a plate in the proportion that they should be eaten. During the lesson, students admitted that they liked healthier foods but were bringing snacks and lunches that were quick and easy to prepare for school.

After the lesson, teachers reported that students started looking through their boxed lunches (and snacks) to see if they had a food from each group. On the days that they did not have a food from each group, they asked their parents to purchase them. One teacher was so excited about what her students were doing, she decided to add an extra snack time to their day. For the added snack time, students were asked to bring in a healthy snack from one of the five food groups.



Fifth Graders Use Nutrition Label to Compare Snacks

In Columbus County, many fifth-grade children do not know how to read the Nutrition Facts label or the importance of using this information to compare food choices. Food labels provide essential information about ingredients, amounts of sodium, fat and calories in a food item.

EFNEP teamed up with Edgewood Elementary School to teach lessons on how to read food labels. In these lessons, children learned how to identify food labels and ingredient lists and compare the health benefits of similar foods to make the healthiest choice.

Following the series, teachers reported that students were not only bringing healthier snacks to school, but were reading Nutrition Facts labels on the snacks brought in by students outside of their class and sharing what they learned through EFNEP. Students gained confidence in their ability to make the healthiest choice and to teach others this skill as a result of EFNEP.

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