

2018 NC Cooperative Extension Edgemcombe 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 Edgemcombe County

In 2018: 154 youth participated in 4-H EFNEP in Edgemcombe 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:

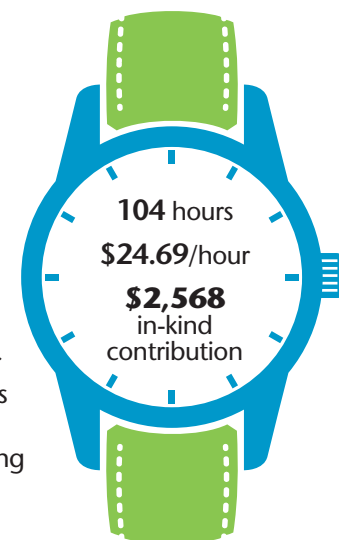
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Edgemcombe County

- 59%** of EFNEP participants improved dietary intake.
- 56%** now practice daily physical activity.
- 42%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **35** 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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Edgecombe County
EFNEP programs obtained

\$5,400

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Helps Young Girl Find Snack Options

During an EFNEP summer camp, one young girl shared that she had five food allergens and was often left out during snack time. Her menu limitations isolated her. Over the course of the class, the EFNEP Educator discussed trying new foods. The educator realized that despite the girl's dietary restrictions, she was highly aware of many other foods and she craved for diversified culinary options.

At the end of the EFNEP camp, the young girl approached the educator and thanked her for helping her try new foods. She really liked the spiciness of the radishes and the tart flavor of the raspberries. She especially liked the fact that she could have a snack that was only slightly modified and she still felt part of the group.



Increase in Healthy Food Choices Lessens Need for Insulin

A recent participant of EFNEP has an adult daughter with diabetes. The daughter needed to take a shot of insulin every time she ate a meal or snack.

After attending a nine-lesson EFNEP series, this woman taught her daughter how to eat healthier by sharing what she learned through EFNEP. The participant focused on increasing their consumption of vegetables. Now, both she and her family and her daughter and her daughter's family are eating more vegetables. As a result, the participant shared that her daughter has been able to reduce her insulin because she has improved her nutritional intake. The participant, by passing the information to her daughter, improved the healthy intake of two families.



No More Stomachaches!

One young mother was never really taught how to cook. Her grandmother made her stay out of the kitchen while she was cooking. This young mother did not know that she shouldn't thaw her meats on the counter. She even admitted to leaving her thawed meats out in the sink for hours before she cooked them. She never used a meat thermometer, and had no idea how to use one. She said that she and her young daughter always had stomachaches or did not feel well on days after she cooked.

Since participating in EFNEP, this mother is now more careful when it comes to food safety. She thaws her meat in the refrigerator, and even uses a meat thermometer to tell when her meat is cooked sufficiently. She nor her daughter have had a single stomachache since participating in EFNEP. She is cooking at home more since she learned how to prepare easy to fix and healthy recipes in EFNEP. She is going to make sure that when her daughter gets old enough that she teaches her all about food safety and how to properly cook foods so that she does not make her family sick.

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