



2018 NC Cooperative Extension Forsyth 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 Forsyth County

In 2018: **168** families enrolled in EFNEP
427 participated in 4-H EFNEP
100% 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 Forsyth County

- 97%** of EFNEP participants improved dietary intake.
- 97%** now practice daily physical activity.
- 99%** practice better food resource management.
- 100%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **64** 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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Forsyth County
EFNEP programs obtained

\$16,600

in funding and support
from local efforts.

EFNEP SUCCESS



A New Me with EFNEP

Winston-Salem is among the Top 20 fattest cities in America. Obesity contributes to numerous health-related issues such as heart disease, stroke, and diabetes. Teaching families knowledge and skills to help them adapt healthy eating and physical activity behaviors is the goal of the Expanded Food and Nutrition Education Program (EFNEP).

The EFNEP Educator in Forsyth County teamed up with community leaders to establish a series of classes for families. Using the *Families Eating Smart and Moving More* curriculum, the EFNEP Educator helped participating families learn more about healthy eating and how to incorporate physical activity into their daily lifestyles. Families also learned strategies on how to plan, shop, fix, and eat healthier meals with one another.

One of the participants who had been diagnosed with diabetes prior to attending, revealed that the program helped her gain a new mindset on how to develop and maintain a healthier lifestyle for herself and her family. The participant expressed that the six-week session helped her lose a total of six pounds! EFNEP empowered her to learn more about reading food labels and the importance of understanding nutrients she should limit and increase. This information was essential to managing her diabetes. The participant credits EFNEP with helping her select proper portion sizes and with balancing her blood sugar. She states that the program allowed her to change her way of eating while enjoying things she loves. Since the conclusion of EFNEP, in addition to adopting healthier eating practices, she has incorporated 30 minutes of walking every day with her grandson.



Mother Compares Nutrition Value and Cost to Make Healthy Food Purchases

During a recent series of Expanded Food and Nutrition Education Program (EFNEP) lessons, participants learned the importance of reading the Nutrition Facts Label. During the lesson, one mother in the group shared that she had never read the label and instead looked at price for what she bought when choosing products for her family. However, throughout her time with EFNEP, she began to see that her family needed to make changes because they were consuming foods high in fat and sugar and they seemed to eat a lot at meal time.

In one lesson, the mother became interested in looking at the Nutrition Facts Label of the EFNEP lesson recipes. Upon seeing the suggested serving size and comparing it to the amount she would normally serve her family, she realized the importance of choosing smaller portion sizes. During the grocery store tour led by the EFNEP Educator, the mother was able to have one-on-one help as she compared the nutrients in different items. She recognized the importance of looking at more than the price when buying groceries for her family. The mother credits EFNEP for helping her make healthier choices for her family.



Mother Chooses Healthy at Store, Loses Weight

A mother of two children participating in the Expanded Food and Nutrition Education Program (EFNEP) classes in Forsyth County shared how a recent lesson was instrumental in helping her lose weight. Prior to participating in EFNEP, the mother stated that she would serve her family meals that they enjoyed even though they were often high in transfat, sodium, and added sugars.

During the lesson, "Shop for Value, Check the Facts," this mother was able to review sample food labels and handouts detailing important nutrients to consume and those to limit. After this practice, she and her children began reviewing the food labels in the store before making purchases. As time has gone on, the mother shares that she is making healthier choices for her family and has lost weight, moving her closer to a healthier weight.

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