



2018 NC Cooperative Extension Franklin and Warren 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 Franklin and Warren Counties

In 2018: **113** families enrolled in EFNEP
504 participated in 4-H EFNEP
98% 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 Franklin and Warren Counties

- 99%** of EFNEP participants improved dietary intake.
- 97%** now practice daily physical activity.
- 94%** practice better food resource management.
- 94%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **52** 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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Franklin and Warren Counties
EFNEP programs obtained

\$630

in funding and support
from local efforts.

EFNEP SUCCESS



Physical Activity Engagement Leads to a Sense of Belonging for Young Girl

An elementary school student rarely participated in any physical activities. She did not know that being physically active was needed in order to be in good health. No one in her family exercised. According, to the student, she did not think exercise was good for her.

Through a series of EFNEP classes in the afterschool care program at the Boys and Girls Club, this timid child slowly became interested in learning about eating smart and moving more. Youth volunteers led the physical activities and EFNEP games. She was like a sponge. She began to gradually participate in the physical activities and games with the other children in the group. The EFNEP Educator even managed to get her to try healthy food recipes that the children prepared in class. Because of EFNEP's group activities, this child was encouraged to engage in play with her peers. She actually started smiling and having fun while being physically active.

Because of EFNEP, this student now understands the importance of being physically active and eating a healthy diet. She is no longer afraid of engaging in activities with her peers. She says, "EFNEP made me feel a part of the group." After completing EFNEP, she stated, "If more

children would participate in EFNEP activities, they would like it too." She is sharing what she learned in EFNEP at home, so her family can improve their overall health as well.



Grandparent Parenting Teens Learns Thrifty Meal Planning and Recipes

A Warren County grandmother who is responsible for her three teenage grandchildren, enrolled in EFNEP's *Families Eating Smart and Moving More* program. This grandmother was faced with the difficult task of providing nutritious meals using SNAP benefits and very little cash for her food budget.

When reviewing the participant's entry 24-hour food recall, the EFNEP Educator noticed that this grandmother ate less each meal. The grandmother shared that the reason she did this was to ensure her grandchildren had enough to eat. An analysis of her entry food and physical activity behavior questionnaire revealed that she usually ate insufficiently 80% of the time and ran out of SNAP benefits each month.

This grandmother was eager to learn about healthy eating on a budget. She made EFNEP classes a priority for the family. During the learning experience, she attended each class regularly. EFNEP's curriculum, *Families Eating Smart and Moving More*, helps families gain the knowledge and skills needed to provide healthy meals on limited resources. Classes are designed around planning, shopping, and preparing healthy meals at home and each lesson includes a low-cost recipe that can be part of a healthy eating plan.

The Educator learned the grandmother had identified that she spent a lot of money on meat when she shopped for groceries and that because of this, she didn't serve as many fruits and vegetables as she wanted to offer. The EFNEP Educator included low-cost recipes that utilized canned tuna and chicken, much lower-cost meat products. She encouraged the grandmother to plan a menu and prepare the recipes with her grandchildren.

By the end of the program, the grandmother shared that she and her grandchildren were cooking meals together using the EFNEP recipes. She also shared that she now plans meals around fruits and vegetables and that she is now able to stretch her SNAP benefits so that she no longer runs out of money for food. EFNEP was life changing for this family.

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