



# 2018 NC Cooperative Extension Harnett 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 Harnett County

In 2018: **967** youth participated in 4-H EFNEP in Harnett 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 Harnett County

- 87%** of EFNEP participants improved dietary intake.
- 49%** now practice daily physical activity.
- 50%** practice better food resource management.
- 62%** have improved their food safety habits.

## Volunteers Strengthen EFNEP

In 2018, **32** 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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Harnett County  
EFNEP programs obtained

# \$20,000

in funding and support  
from local efforts.

## EFNEP SUCCESS



## Garden Spice

According to the Harnett County Health Assessment, the main priority area for 2016–2020 is improving nutrition and increasing physical activity. In Harnett County, out of the 984 deaths occurring in 2016, approximately 50% were from heart disease, cancer, or stroke.

Young girls from summer Victory Tabernacle Church Study, in Lillington, had done very little gardening in their young lives. They did not exercise, they loved fast food and ate out often, and they were not aware of their health concerns, because of the lack of attention.

To address this issue, the Youth EFNEP Educator partnered with the Victory Church Tabernacle Director to provide a summer nutrition program for the youth in the church. The youth participated in a series of lessons from *Kids in the Kitchen* as part of the summer youth church study. Twenty-six youth participated in a weekly nutrition and gardening project. The program focused on building information about healthy living with indoor exercise, games and food preparation. To encourage families to eat less salt, the youth used herbs from the garden to season their food.

After the class, several of the participants mentioned they started growing herbs at home. One participant told the Educator that her family no longer used salt to season their food, and they made several of the class recipes at home instead of eating out. Because of EFNEP, this participant's family made changes that would reduce their chance of developing heart disease or stroke.

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