



## 2018 NC Cooperative Extension Hoke 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 Hoke County

In 2018: **5** families enrolled in EFNEP  
**291** participated in 4-H EFNEP  
**60%** 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 Hoke County

- 94%** of EFNEP participants improved dietary intake.
- 65%** now practice daily physical activity.
- 50%** practice better food resource management.
- 84%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2018, **13** 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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Hoke County  
EFNEP programs obtained

# \$10,613

in funding and support  
from local efforts.

## EFNEP SUCCESS

### Student Teaches Family to Limit Sugar

Hoke County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) collaborated with Hoke County Parks and Recreation summer program to provide six nutrition education classes to youth. Children attending the program learned about the five major food groups on MyPlate and how to make healthier choices using it as a guide. During the classes, youth learned how to incorporate more physical activity into their daily routine without having special equipment or a gym membership. Through the *Camp, Cook, Play!* curriculum children were able to try new and exciting snacks that they could make themselves at home.

At the beginning of every class the children were excited to share the new recipes they tried at home and how much they enjoyed sharing what they had learned with their family. One participant convinced his family to stop drinking soft drinks after learning in class the number of teaspoons of sugar in his family's favorite sodas. The family now drinks more water and low-fat milk instead. These small changes have made a huge difference in the family's overall health.



### Students Increase Cooking Skills

The Expanded Food and Nutrition Education Program in Hoke County partnered with Sand Hoke Early College to deliver six nutrition classes using the Teen Cuisine curriculum.

Participants were excited to learn how to prepare simple but tasty meals for themselves. Utilizing the information from the *Teen Cuisine* curriculum, students learned both kitchen safety and food safety rules. Participants enjoyed learning how to make easy recipes that also helped them to connect what they learned to what they were putting into their bodies. Students were taught not only how to read food labels but also the importance of eating appropriate serving sizes. Students shared they were excited to go home and show off their new skills in the kitchen to their parents. One student stated that he started making the fruit and yogurt parfait for breakfast since learning how to make it during one of the lessons.



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