



## 2018 NC Cooperative Extension Lenoir 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 x County

In 2018: **119** families enrolled in EFNEP  
**259** participated in 4-H EFNEP  
**99%** 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 Lenoir County

- 99%** of EFNEP participants improved dietary intake.
- 90%** now practice daily physical activity.
- 96%** practice better food resource management.
- 95%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2018, **48** 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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Lenoir County  
EFNEP programs obtained

# \$31,216

in funding and support  
from local efforts.

## EFNEP SUCCESS



### EFNEP Partners with Day Camp to Address Low Fruit and Veggie Consumption

The director of a day camp recently expressed concerns that her participants were not consuming enough fruits and vegetables in their diets.

The EFNEP Educator met with the camp director to develop a plan to help participants increase their fruit and vegetable consumption. Together, they developed a weekly menu for camp attendees that included serving more fruits and vegetables during snack and meal times.

The EFNEP Educator taught a series of lessons and specifically included a lesson about the importance of fruits and vegetables to overall health. Each week during the series, she introduced a new fruit or veggie for each child to taste and provided information about it. The EFNEP Educator provided the Camp Director with short articles, messages and recipes that were used in a parent newsletter. The parent newsletter was designed to share information about what their children were learning and to encourage them to include more fruits and vegetables at home.

Following the conclusion of the EFNEP series, the Camp Director was excited to report that her young campers were not only eating more fruits and vegetables at the day camp, but parents had reported they were also eating them at home.



### Participant Makes Changes that Impact Her Entire Family

After each weekly nutrition class in one EFNEP series, the EFNEP Educator followed up with participants to see if they had implemented any of the strategies learned through the classes at home.

One participant shared that she would go home after each class and tell her husband and three children what she learned that day. Each week, she was excited to see



what the lesson topic and recipe would be so that she could try it at home.

The participant went on to share that she and her family had made a lot of changes. Using what she learned in EFNEP, she is using store flyers to plan all her meals, which is saving her money on groceries. She is also reading food labels so that her family can eat healthier. She and her family now take a walk every day after dinner.

She also stated her family eats dinner together each night. They're not watching TV, using their cell phones or going to different rooms to eat. They're eating healthier together! She stated that this has made the biggest difference with her family. They are actually spending quality time together and talking about how everyone's day has been.

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