



## 2018 NC Cooperative Extension Martin 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 Martin County

In 2018: **7** families enrolled in EFNEP  
**629** participated in 4-H EFNEP  
**86%** 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 Martin County



### Volunteers Strengthen EFNEP

In 2018, **28** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



# 2018 NC Cooperative Extension Martin County Report

Martin County  
EFNEP programs obtained

\$15,300

in funding and support  
from local efforts.

## EFNEP SUCCESS

### Importance of Hand Washing

According to the Centers for Disease Control and Prevention (CDC), students who use proper hand washing techniques are absent fewer days from school than students who do not participate in proper hand washing techniques. Students who use proper hand washing techniques are reported to miss 2.42 days compared to the 3.02 days of students who do not use proper hand washing techniques. Hand washing is the single most important barrier to preventing the spread of germs. Hand washing is a key behavior that is often over-looked.

The EFNEP Educator in Martin County partnered with the Edna Andrews Elementary School Physical Education class to establish a series of six 4-H EFNEP lessons using the Food Group Express curriculum. This second-grade curriculum encourages healthy eating behaviors, proper hand washing techniques, and physical activity for students. The second-grade students at Edna Andrews Elementary School learned the proper steps to hand washing.

Through the Food Group Express Teacher Survey, the Physical Education teacher reported observing the students washing their hands more. He also noticed that the students were using the proper hand washing steps more often than before. The students in the Edna Andrews Elementary Physical Education class are now washing their hands before eating and after using the restroom with the proper hand washing techniques and as a result have greatly reduced their risk of illness and absenteeism from school.



### Fruit Consumption Among Youth

According to the CDC, children in the United States aged two to 18 years old are eating more whole fruits. The amount of daily whole fruit consumed increased by 67 percent from 2003 to 2010. Despite the progress in fruit intake, children still fail to meet the recommended amount of fruit intake per day. 67 percent of children did not eat the daily recommendation from the years 2007 to 2010 (CDC). Recommendations for the amount of fruit children should eat are based on a child's age, gender and physical activity level. Fruit consumption is a key factor in exposure to good nutrition and healthy eating habits.

The EFNEP Educator in Martin County partnered with Rodgers Elementary School kindergarten class to establish a series of six 4-H EFNEP lessons using the *Adventures in Nutrition* curriculum. The *Adventures in Nutrition* curriculum encourages healthy eating behaviors, proper hand washing techniques, and increasing physical activity among kindergarten students.



The kindergarten students engaged in the "Land of Rainbows" lesson, which encourages fruit consumption and teaches where fruits come from and how to identify fruits. The kindergarten students learning about the importance of fruit consumption increases the probability of fruit consumption among the kindergartners at Rodgers Elementary School.

Through the *Adventures in Nutrition* curriculum, kindergarten students engaged in taste testing. The EFNEP Educator prepared an Easy Fruit Salad recipe during the "Land of Rainbows" lesson. The recipe included fruit cocktail, pineapple, grapes, and low-fat vanilla yogurt. Many of the kindergartners expressed their liking of the Easy Fruit Salad during the taste testing. One student liked the Easy Fruit Salad recipe so much that they asked their parent to contact the EFNEP Educator in Martin County for the recipe in order to make it together at home. The parent also expressed to the EFNEP Educator that her child was consuming more fruit and wanted to try new foods since the taste testing. The 4-H EFNEP classes the kindergarten students participated in are a great example of the change that can occur if students are encouraged to eat healthier food choices such as whole fruits.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

