

2018 NC Cooperative Extension Mecklenburg 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 Mecklenburg County

In 2018: **53** families enrolled in EFNEP

81% 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 Mecklenburg County

 **100%** of EFNEP participants improved dietary intake.

 **84%** now practice daily physical activity.

 **84%** practice better food resource management.

 **92%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **7** 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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Mecklenburg County
EFNEP programs obtained

\$1,206

in funding and support
from local efforts.

EFNEP SUCCESS

Teen Mom Saves on Food Costs as a Result of EFNEP

EFNEP partnered with Florence-Crittenton Center—a program that serves at-risk and pregnant adolescents—to offer a series of nutrition education classes.

One participant shared that her favorite part of the program was learning how to save money on her grocery bill.” She shared, “**The EFNEP classes also taught me how to save money by using leftovers as**

ingredients in other meals and by looking at the unit prices at the grocery store. The extra money I save is put towards buying little things that my new baby boy needs.”



Participant Meets Healthy Weight Goal as a Result of EFNEP

Mecklenburg County has a 61% incidence of overweight and obesity. This means that six out of 10 county residents are overweight or obese.

Most people who are overweight struggle with the day-to-day choices, like walking more and eating more fruits and vegetables. These simple changes can help many people reach their weight goals and decrease their risk of heart disease, diabetes, high blood pressure, and stroke.

One of the participants in an EFNEP series held at the Supportive Housing Community learned how to start making healthy and simple lifestyle changes. This participant had already lost over 60 pounds when she started EFNEP and was looking for healthy ways to continue her weight loss. After participating in the classes, she started planning meals, eating before buying groceries and adding “**way more fruits and vegetables**” to her plate. She shared, “**Your class was a lot of fun, but even more importantly it opened my eyes to the fact that there are small things that I could do daily that will have a big effect on my health. I plan to use all that I learned to continue my weight loss throughout the year. I am sure I will fail at times, but I have a much larger general pool of knowledge to access and pull from now thanks to the EFNEP lessons. Thank you for your time and effort (and the delicious yet healthy dishes you prepared and shared with us all)!**”

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