

2018 NC Cooperative Extension Northampton 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 Northampton County

In 2018: **131** families enrolled in EFNEP


94% 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 Northampton County

 **96%** of EFNEP participants improved dietary intake.

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

 **89%** practice better food resource management.

 **93%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **38** 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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Northampton County
EFNEP programs obtained

\$3,300

in funding and support
from local efforts.

EFNEP SUCCESS



Participant Goes from No to Yes on Fruits and Vegetables

It's a good practice to add more fruits and vegetables into your daily diet for a variety of health benefits, including weight management.

At the first session of EFNEP, one participant stated that she did not eat many vegetables on a daily basis. She mentioned she didn't like them and did not like to try vegetables. This same participant said that each session was a learning experience and she enjoyed the



recipes that were prepared in the sessions. She also mentioned that she tried the easy ways suggested to her to **"sneak more colorful, nutritious and delicious vegetables and fruits into her snacks and meals throughout the day."** Throughout the classes she

learned that fruits and vegetables are high in vitamins, minerals, and fiber, and low in calories and sodium. By eating more fruits and vegetables daily she finds her weight was easier to control and that her blood pressure was actually lowered. She states it was a challenge, but she has opened up to trying different foods on a regular basis.



EFNEP Helps Families Reduce Sugary Beverage Consumption

High consumption of sugary beverages is linked to overweight and obesity in young children. Consuming water rather than sugary beverages is a strategy taught through EFNEP.

A single mother with two young children, ages five and nine, participated in a series of nine EFNEP lessons.

At the beginning of the series, the participant stated she and her children didn't like the taste of water. Rather than water, the family consumed a lot of sugary beverages.

During the classes, water was the only beverage offered. By the end of the nine lessons, this mother said that not only was she drinking more water because it had been offered to her, but she now understands how important it is for her and her family to drink more water. She now offers water to her children instead of sugary beverages and encourages them to drink it by including colorful straws. She also says that she carries a water bottle that she got as a skill builder filled with water when she goes to work or to run errands.



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