



2018 NC Cooperative Extension Orange 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 Orange County

In 2018: **176** families enrolled in EFNEP
244 participated in 4-H EFNEP
79% 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 Orange County

- 100%** of EFNEP participants improved dietary intake.
- 86%** now practice daily physical activity.
- 89%** practice better food resource management.
- 87%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **57** 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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Orange County
EFNEP programs obtained

\$40,215

in funding and support
from local efforts.

EFNEP SUCCESS

Assimilating to American Eating

With over 1,000 Burmese refugees currently living in Orange County, there is an urgent need to educate this population pertaining to health and nutrition. The majority of refugees from Burma arrive in America after spending years in refugee camps and do not have basic knowledge about food safety practices, grocery shopping, healthy food choices, or simply how to prepare common foods sold in America.

The Expanded Food and Nutrition Education Program (EFNEP) partnered with Orange Literacy, El Centro Hispano, and the Circle of Parents program to provide a series of nutrition classes for a group of Burmese refugees in Carrboro, NC. With the help of a native translator, EFNEP was able to provide crucial health and nutrition information to this group of deserving parents. Participants learned cooking methods, food safety practices, and experienced cooking and eating many traditional American dishes.

As a result of this program, participants expressed that they learned more about cooking the foods and keeping them safe, and one participant stated, **"I learned about nutrition, healthy foods, and how to cook for my children and my family."** This program allowed these refugees to improve their nutrition and keep their families safe and healthy.



EFNEP Bonds a Mother and Her Children

The Expanded Food and Nutrition Education Program (EFNEP) through the NC Cooperative Extension in Orange County partnered with a local community health center to teach a series of nutrition classes to a group of limited resource individuals who were at risk for developing diabetes. The EFNEP educator taught participants strategies to move more, control their portions, read food labels and make smart drink choices. Participants used real food labels to learn how to select foods low in sugar, fat and sodium. They also prepared recipes that were easy, inexpensive, and low in calories and fat.

As a result of the program, the group as a whole lost a total of 55 pounds. One participant shared that she did not want her children to grow up with diabetes and that inspired her to make changes. She and her children engage in physical activity at least 30 minutes each day. While grocery shopping, she reads food labels and only buys products that have no added sugars and are low in salt and fat. She prepared meals using EFNEP recipes which also helped her save at least \$10 a week on food. And more importantly, she and her children have grown closer now that they spend more time eating and playing together as a family.



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