

2018 NC Cooperative Extension Pitt 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 Pitt County


In 2018: **12** families enrolled in EFNEP
921 participated in 4-H EFNEP
58% 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 Pitt County

 **84%** of EFNEP participants improved dietary intake.

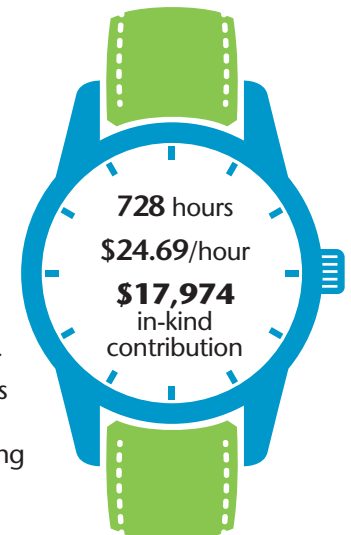
 **45%** now practice daily physical activity.

 **46%** practice better food resource management.

 **66%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **62** 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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Pitt County
EFNEP programs obtained

\$14,500

in funding and support
from local efforts.

EFNEP SUCCESS



Fight Back Against Diabetes

Diabetes is one of the most serious health problems that the African-American community faces today. Compared to the general population, African Americans are disproportionately affected by diabetes. Even though you can't change your race and ethnicity, there are some things you can do to prevent or delay the onset of diabetes. The Expanded Food and Nutrition Education Program (EFNEP) partnered with a local high school to offer a series of lessons to a class of high school students. The teacher is an African-American woman in her mid 40s to late 50s. She informed the EFNEP Educator that she has diabetes and is on insulin.

As partners, teachers agree to stay in the classroom during EFNEP presentations. As part of the series and to encourage the teacher to eat healthy, the educator gave the teacher the EFNEP cookbook, which included recipes prepared and tasted during the series. Each lesson that the educator taught to the students, the teacher also tasted the recipe. Throughout the lessons, the teacher stated that she tried at least one new recipe a week out of the cookbook. The teacher also participated in the physical activity exercises that were part of each lesson.



At the end of the series, the teacher stated that she had lost a few pounds and she received a good report from her doctor. Because of EFNEP, this teacher is now improving her physical activity and continues to make healthy eating choices.



Student Learns to Like Vegetables

Nutrition is the fundamental bridge between food and health. Inadequate fruit and vegetable consumption is linked to overweight, obesity, diabetes, heart disease, and hypertension. The Expanded Food and Nutrition Education Program (EFNEP) offers a series of nutrition classes and provides a tasting of a healthy recipe during each lesson.

During a recent series to a group of high school students, the EFNEP Educator noticed a student who was somewhat hesitant to try the vegetables that were provided as a tasting. The student stated that she really didn't eat any vegetables because she doesn't like them. The educator encouraged the student to try the vegetables and explained the importance of eating nutritious snacks and meals in order to grow up healthy. The educator further explained the benefits of eating fruits and vegetables and provided a list of the many vegetables that the student could try. The student finally tried the vegetables that the educator shared as part of the lessons and found that she enjoyed the recipes that included vegetables.

Halfway through the class, the student approached the EFNEP Educator and stated she really didn't eat any vegetables until the educator came into her class to teach EFNEP. The educator praised the student for increasing her vegetable consumption.

At the completion of the series, the student shared that she now eats vegetables every day. She shared that her father uses the cookbook and cutting board that she received in the classes to prepare meals including vegetables at home. She stated that she is now inclined to try a new vegetable and makes sure that a vegetable is on her plate for lunch and dinner.

Other students in the group increased their vegetable consumption as well. As a result of the EFNEP program 62% of the students participating in this group improved their vegetable consumption.

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