

2018 NC Cooperative Extension Robeson 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



16%
Caucasian

48%
African American

36%
Other

0%
Hispanic

100%
Non Hispanic

EFNEP Reaches Diverse Audiences in Robeson County


In 2018: **57** families enrolled in EFNEP
172 participated in 4-H EFNEP
93% 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 Robeson County

 **92%** of EFNEP participants improved dietary intake.

 **75%** now practice daily physical activity.

 **82%** practice better food resource management.

 **67%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **42** 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 Robeson County Report

Robeson County
EFNEP programs obtained

\$30,000

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Summer Camp Helps Youth Eat Smart and Move More

In partnership with Lumberton Recreation Center at Bill Sapp Summer Camp, Robeson County's Expanded Food and Nutrition Education Program (EFNEP) conducted a six-week series of classes. Youth were taught lessons on healthy food options utilizing the *Camp, Cook, Play!* curriculum which focuses on using MyPlate and promoting daily physical activity. Participants were encouraged to try healthy snacks and were given recipes to try at home.

Youth completing the program reported being confident in choosing healthy snacks and also showed improvement in doing a greater variety of physical activities. The youth shared program recipes with their parents and prepared the recipes together at home.

EFNEP Graduates Learn to Eat Smart and Move More

The Robeson County Cooperative Extension Expanded Food and Nutrition Education Program partnered with Grace Court Transitions Housing Facility to offer a series of nutrition education lessons to facility residents.

At the conclusion of the series, residents shared their successes with the EFNEP Educator. All of the participants from the group expressed that they have started adding vegetables to their meals for themselves and their families. Participants who had previously stated they were not confident in their cooking skills, expressed they are now able to use basic cooking skills at home to prepare meals for their families. One of the participants was excited to report that as a result of the EFNEP classes she tries to make more time to be physically active and tries to do some of the Move More activities.



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.

