

2018 NC Cooperative Extension Sampson 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 Sampson County

In 2018: **253** families enrolled in EFNEP

26% 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:

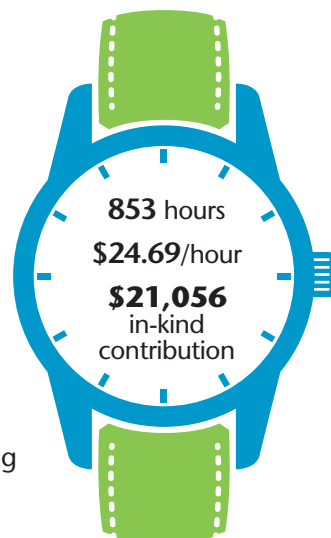
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Sampson County

- 86%** of EFNEP participants improved dietary intake.
- 77%** now practice daily physical activity.
- 89%** practice better food resource management.
- 61%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **26** 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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Sampson County
EFNEP programs obtained

\$14,976

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Partners with Recreation Center to Inspire Healthy Habits

Obesity is a leading risk factor of heart disease and diabetes. In North Carolina this is a major concern with 64% of adults being overweight. The two major causes of excessive weight are not eating fruits and vegetables and leaving physical activity by the wayside. Many people say they don't have enough time or money to exercise daily. In an effort to increase the physical activity among adults in Sampson County, EFNEP taught a series of nutrition education classes to 10 families at a local Recreation Center.

Participants learned how to incorporate more fruits and vegetables into their diets and the importance and benefits of doing so. They also learned how to incorporate physical activity into their daily routines. They walked together after each class and walked at home after school/work. Many of the participants stated that learning to exercise after class helped them maintain a routine even at home. Four participants lost four pounds each during the 10-week series.

Several months after the classes ended, the EFNEP Educator saw one of the participants from the group who stated that she continued to do the exercises modeled during the classes. She said she's eating healthier than before the class and that as a result she's noticed that she feels better and her clothes fit better. She plans to share with her friends and family the strategies she learned from EFNEP to eat smart and move more.



Taking Healthy to a Higher Level

The EFNEP Educator in Sampson County partnered with a local church to conduct a *Faithful Families* series. Upon completion of a community needs assessment, the group decided to hold a series of nutrition education classes during their Wednesday afternoon Bible study. Every lesson in the series included hands-on, easy to prepare healthy recipes and fun physical activities.

Two weeks following the series, the lay leader kicked off a healthy walking challenge and 10 of the EFNEP *Faithful Families* participants took the challenge. Infused water the group had learned to make as part of the classes was made available to participants of the challenge. Walking maps were developed and tips given for increasing physical activity.

In addition, the church made several changes to encourage healthy eating and physical activity for the entire community. A "health corner" was established and utilized to share colorful flyers promoting healthy fruit and vegetable recipes and highlighting the benefits of eating more fruits and vegetables. The faith community adopted a healthy meeting policy where fresh fruit and whole grain options are offered as part of any community meal and less healthy options are cut into smaller portions. The faith community also chose to include a larger beverage dispenser for offering infused water at every gathering to encourage water instead of sugary beverages. As a result, the lay leader reported that all ages have begun to seek out the fruit infused water.

This faith community has also taken what they learned through EFNEP's *Faithful Families* and used this knowledge to increase access to healthy foods and physical activity to the greater community. In their food pantry, they have increased the number of fresh vegetables and fruits available to food pantry recipients while teaching nutrition principles and how simple cooking healthy can be. They also display healthy lifestyle messages in meeting rooms, hallways and in the kitchen of the pantry.

The pastor made this statement to his congregation, **"It is important to be good stewards of our body and that includes good healthy habits, along with physical activity."**

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