



2018 NC Cooperative Extension Scotland 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 Scotland County

In 2018: **1,126** youth participated in 4-H EFNEP in Scotland County

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 Scotland County

- 85%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 38%** practice better food resource management.
- 62%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **66** 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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Scotland County
EFNEP programs obtained

\$11,222

in funding and support
from local efforts.

EFNEP SUCCESS

Youth Learn Healthy Strategies at EFNEP Boot Camp

The Expanded Food and Nutrition Education Program (EFNEP) in Scotland County partnered with 4-H and the county Summer Feeding Program to have a nine-week program for the youth of Scotland County.



EFNEP Boot Camp, as this program is called, incorporates nutrition, physical activity, and hands-on food preparation in every lesson. Breakfast and lunch are provided by the USDA Summer Feeding Program, which provides the youth with nutritious meals throughout the summer. EFNEP also provides healthy recipes that encourage fruits, vegetables, low-fat dairy, and whole grains.

Youth who graduate from the Boot Camp report increased fruit and vegetable intake, improved food safety practices, and increased physical activity.

Students Try New Ingredients, Expand Palate

The NC Cooperative Extension, Scotland County Center's Expanded Food and Nutrition Education Program (EFNEP), and Scotland County schools collaborated to provide a series of six hands-on nutrition lessons to 127 first-grade students.

A goal of the program was to introduce students to new foods. Through the series of lessons, students learned about each of the food groups on the MyPlate and how to use this as a guide for healthy eating. Each week the featured snack centered on a food represented in the MyPlate food group they were studying. As part of each lesson, students were given the opportunity to try the snack demonstrated.

Students were asked if they liked the snacks and 95% reported that they did. Recipes were sent home so students could prepare the healthy snack at home. The class discussed ways they could eat a variety of foods daily by choosing food from all five food groups and by asking their parents to buy healthy foods they tried during the lessons.



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