

2018 NC Cooperative Extension Surry 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 Surry County

In 2018: **77** families enrolled in EFNEP


84% 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 Surry County

 **100%** of EFNEP participants improved dietary intake.

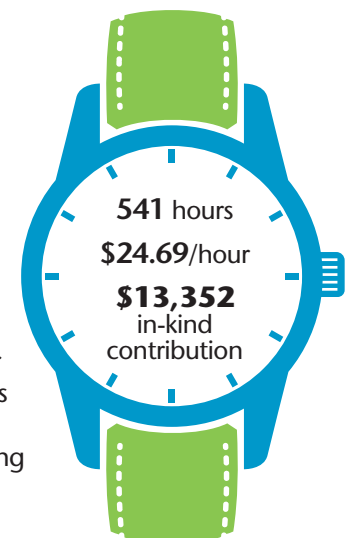
 **74%** now practice daily physical activity.

 **85%** practice better food resource management.

 **80%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **13** 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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Surry County
EFNEP programs obtained

\$6,800

in funding and support
from local efforts.

EFNEP SUCCESS

Mom Saved \$100 on Food Costs Using Skills Learned through EFNEP

In Surry County 12,802 people live below the poverty line. The majority of these are women between the ages of 25 and 34.

Realizing that EFNEP could help these women, the educator in Surry, partnered with the local community college and their GED program to teach students about nutrition and stretching their food dollars.

While taking the class, one of the participants shared that she was spending over \$200 per week on groceries and struggling to feed her family.

One of the lessons in the EFNEP series, titled "Shop: Get the Best for Less," taught the participants how to check unit prices; compare between fresh, frozen, and canned; plan around store specials and best buys; make a grocery list; use leftovers; and store food properly. After following these suggestions for several months, the young mother, realized that she was cutting her grocery bill in half. She shared, "I went from spending \$200 per week on groceries to spending less than \$100 per week. Now I have enough money to feed my family nutritious meals throughout the month."



EFNEP Helps Participant Achieve Personal Health Goals

The incidence of diabetes in women living in Surry County is 54%, much higher than the national average of 49%, according to healthdata.org. Although EFNEP is a basic nutrition education program, WIC asked the EFNEP Educator to offer a series to WIC clients with prediabetes because small changes traditionally achieved through EFNEP could help many of their clients reduce their risk.



One WIC participant, a mother of two, shared that before participating in EFNEP she was overweight, had been diagnosed with prediabetes, and was one point away from developing type 2 diabetes. Participating in the EFNEP classes helped her to see the importance of including more physical activity in her lifestyle. She learned to start out slow, set specific goals and strive to keep a positive attitude. She now walks one hour, six days a week, and does weight bearing exercises several times a week. The participant shared how EFNEP helped her, stating, "I have lost 25 pounds and now I am one point away from having normal blood glucose values and no longer having prediabetes. I feel good, have more energy and my clothes fit. I do this not just for myself but because I want to be a good role model for my children."

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