

2018 NC Cooperative Extension Union 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 Union County

In 2018: **130** families enrolled in EFNEP


95% 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 Union County

 **98%** of EFNEP participants improved dietary intake.

 **94%** now practice daily physical activity.

 **93%** practice better food resource management.

 **97%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **14** 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 Union County Report

Union County
EFNEP programs obtained

\$15,446

in funding and support
from local efforts.

EFNEP SUCCESS



Participant Makes a Positive Impact on Community

A mother of two young boys—who had recently been diagnosed with high blood pressure—contacted the Expanded Food and Nutrition Education Program (EFNEP) Educator to request to join her classes. She was interested in losing weight and wanted to find ways to relieve stress from working long hours while raising her children.

In each class, the participant had the opportunity to assist the other participants in the hands-on preparation of a healthy recipe. Line dances were incorporated as the physical activity component of the classes. This activity provided a source of fun exercise and served as an outlet for socialization for the adults in the class.

The mother shared that she practiced the skills learned in the EFNEP class at home. She began to plan her meals and shop based on the information on the Nutrition Facts Label. She also formed a line dance group at the center where the EFNEP classes were being held. During the EFNEP series, her blood pressure stayed within normal limits, and by the end of the series she had lost a total of 10 pounds. Her motivation for a healthier lifestyle also had a positive impact on the community. Members from the community, including EFNEP participants, attend the ongoing line dance classes.



Participants Increase Safety of Family Meals

According to the USDA, 48 million people suffer from food borne illnesses each year. Consuming undercooked meat can lead to sickness and even death from bacteria.

During a discussion about food safety, EFNEP participants began to discuss their various methods of preparing meats. As indicated on their entry paperwork, none of the participants in the class had home meat thermometers to check the temperature of their meat dishes to ensure

that it was cooked to a safe temperature. Most participants were accustomed to piercing the meat with a fork, which can cause contamination to the cooking area, as well as contaminate meat that has fully cooked, when the fork has previously pierced raw and undercooked meat.

Through grant funds, the EFNEP Educator provided each participant with a thermometer and a chart showing safe temperatures for cooking meats. During the week, participants recorded their meat temperatures at home and

discussed their comfort and skill with the thermometer. Participants also practiced during class when preparing EFNEP recipes.

Upon exiting the class, 100% of the participants used meat thermometers at home during food preparation. By incorporating the use of a meat thermometer, the families are reducing their risk of foodborne illness from undercooked meats.

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.

