



2018 NC Cooperative Extension Vance 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 Vance County

In 2018: 81 youth participated in 4-H EFNEP in Vance 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 Vance County

- 79%** of EFNEP participants improved dietary intake.
- 34%** now practice daily physical activity.
- 42%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **9** 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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Vance County
EFNEP programs obtained

\$16,000

in funding and support
from local efforts.

EFNEP SUCCESS



Overcoming Barriers to Physical Activity

Physical activity can decrease the risk of obesity, cancer, diabetes, high blood pressure, stroke, and heart disease among children and adults. Most of us are familiar with the most common barrier to a regular physical activity routine—the lack of time. Work, family obligations and other realities of daily life often get in the way of our best intentions to be more active.

The EFNEP Educator in Vance County, partnered with the Vance County Farmers Market to establish a series of six nutrition education classes using the *Families Eating Smart and Moving More* curriculum. Every lesson allows the participants to explore the topics of food, nutrition, physical activity, and food safety practices such as the importance of hand washing and using a meat thermometer. Throughout this series, the Educator introduced a variety of easy, inexpensive workout tips and concepts, such as Zumba, to the participants to encourage them to eat smart and move more.

The class really enjoyed all the physical activity and the food demonstrations. Several of the participants mentioned that they were doing line dances with their grandchildren. The participants also mentioned that they were able to make healthier snacks with their grandchildren when they came home from school. The EFNEP Educator followed up with the participants a couple of weeks after the program and was delighted to find that most of them have been keeping track of how many calories they intake and they were still exercising every day.

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