

2018 NC Cooperative Extension North Carolina Annual 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



North Carolina EFNEP Reaches Diverse Audiences

In 2018: **2,728** families enrolled in EFNEP
17,209 participated in 4-H EFNEP
81% 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:

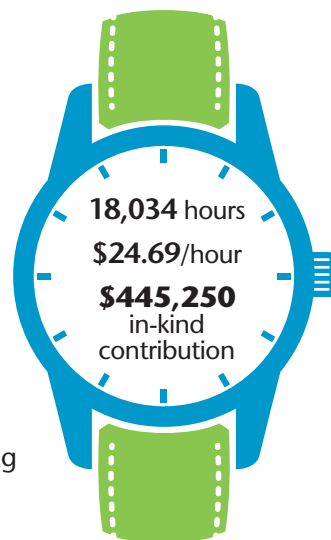
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference

- 95%** of EFNEP participants improved dietary intake.
- 85%** now practice daily physical activity.
- 89%** practice better food resource management.
- 86%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **1,451** 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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North Carolina EFNEP programs obtained over

\$662,632

in funding and support from local efforts.

EFNEP SUCCESS



Fruit Consumption Among Youth

The EFNEP Educator in Martin County partnered with Rodgers Elementary School kindergarten class to establish a series of six 4-H EFNEP lessons using the *Adventures in Nutrition* curriculum. Through *Adventures in Nutrition*, kindergarten students engaged in taste testing.

The EFNEP Educator in Martin County prepared a recipe of Easy Fruit Salad during the “Land of the Rainbows” lesson. The recipe included fruit cocktail, pineapple, grapes, and low-fat vanilla yogurt. Many of the kindergartners expressed they liked the Easy Fruit Salad during the taste testing. One student liked the Easy Fruit Salad recipe so much that she asked her parent to contact the EFNEP Educator for the recipe in order to make it together at home. The parent also expressed excitement that her child was consuming more fruit and wanted to try new foods since the taste testing. The 4-H EFNEP classes the kindergarten students participated in are a great example of the change that can occur if students are encouraged to eat healthier food choices such as whole fruits.



Participants Increase Safety of Family Meals

During a discussion about food safety, EFNEP participants in Union County began to discuss their various methods of preparing meats. As indicated on their entry survey, 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.

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.



Helping Students Meet Daily Physical Activity Recommendation

In Duplin County Schools, youth are required to participate in a physical activity class for 40 minutes, three days each week, falling short of the recommendation for activity by 20 minutes on those three days. The EFNEP Educator committed to finding a solution that allowed students to get the additional 20 minutes each of the designated physical activity days.

Working together, the EFNEP Educator and the school principal found a creative solution. The two calculated that if they could include physical activity as a part of the change from one class to another, there was the possibility of adding 20–30 minutes a day of additional physical activity. This meant that on days students engaged in a physical activity class, they would be meeting the recommended 60 minutes a day of activity.

The principal agreed to play music through the school’s PA System during each of the class changes throughout the day. While students were changing classes, they would be allowed to dance in the hallways as long as they were in route to their next class. The students had so much fun showing off their dance moves that they didn’t even realize that they were being physically active.

As a result of this change, students went from falling short on the recommendation for daily physical activity to meeting the recommendation three days a week while at school.



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.

The EFNEP 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 month 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 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 month on groceries to spending less than \$100 per month. Now I have enough money to feed my family nutritious meals throughout the month.”**

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United States Department of Agriculture
National Institute of Food and Agriculture

