

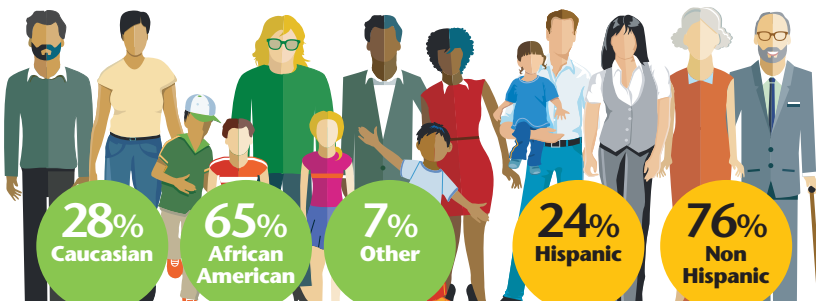
NC Cooperative Extension 2019 REPORT

Congressional District 1

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 District 1

In 2019:

414 families enrolled in EFNEP **2,666** participated in 4-H EFNEP

86% 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 2019, 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 District 1

98% of EFNEP participants improved dietary intake.

65% now practice daily physical activity.

91% practice better food resource management.

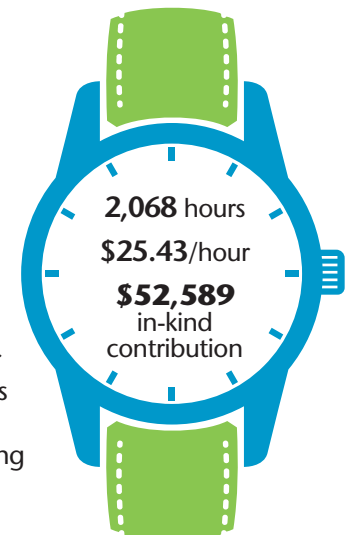
90% have improved their food safety habits.

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.

Volunteers Strengthen EFNEP

In 2019, **193** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2019 NC Cooperative Extension Congressional District 1 Report

Congressional District 1
EFNEP programs
obtained over

\$121,532

in funding and support
from local efforts.

EFNEP SUCCESS



Teens Learn Valuable Life Skills Through EFNEP

The EFNEP Educator partnered with “Teens Fit for Life,” sponsored by The Vance County Triangle North Healthcare Foundation, to establish a series of seven EFNEP classes for 20 teen participants using the *Teen Cuisine* curriculum.

The EFNEP Educator worked with two teen mentors to encourage their peers to make healthier meal choices and to encourage participants to make more meals at home. The participants explored the concepts of MyPlate, physical activity/dance, as well as personal health practices to aid prevention of chronic diseases and obesity. The EFNEP Educator also provided a “Food Challenge” at the end of the series. The teens were given a MyPlate basket and had to create a healthy meal for a family of four.



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The facilitators reported that the teen participants looked forward to each of the bi-weekly classes. The EFNEP Educator has had several teens state, “I told my mom to buy more bright greens to add more nutritional value to our salads.” One teen shared that her family cooks more at home, which has helped her save money for graduation and lose five pounds. This is an example of how EFNEP classes can alter thinking and patterns of the participants involved to improve the health and teen obesity rates in the community.



Fix It Safe for a Healthy Family

Low-income families often work long hours. While they desire the benefits of nutrition education, it is difficult to meet the needs of their families financially and participate in an educational program. Recognizing this need, the EFNEP Educator partnered with a local chicken processing plant to reach eligible families as part of the wellness plan for their employees.

A key lesson of interest to this group of participants was the “Fix It Safe” lesson, which emphasizes the four primary rules of food safety: Clean, Separate, Cook and Chill. During the lesson, the participants learned different ways to prepare, cook and store food correctly. The participants were shocked to learn how fast bacteria actually grow. The participants stated that they had always left meat out on the counter to thaw. After the “Fix It Safe” lesson, they would now thaw their meat in the refrigerator, a safe method to prevent harmful bacteria growth.

Additionally, participants stated that prior to EFNEP, they simply looked at the appearance of their meat to see if it was done. They had never used a food thermometer. They now know that the only safe way to check if a food is cooked and safe to eat is to use a food thermometer.

An estimated 48 million people get sick from a foodborne illness every year. Foodborne pathogens resulting from improper handling, cooking, or storage result in illness, hospitalization, and in some cases even death. For the employer, the loss in productivity due to employee absences also becomes a financial concern. By making these few changes of thawing meat in the refrigerator and using a food thermometer to see if the food is cooked to the proper temperature, this group of workers will help to keep food safe to eat for themselves and their families. By supporting EFNEP classes with their employees, this plant is promoting a healthier workforce.

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