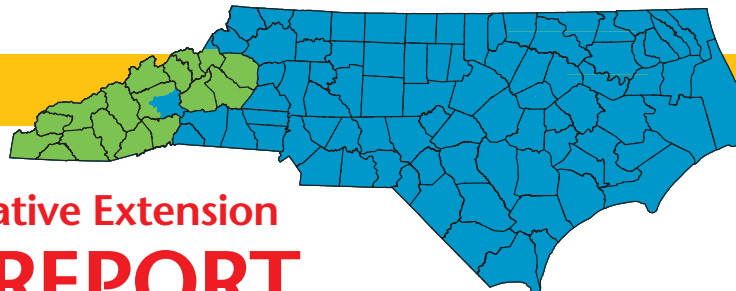




# NC Cooperative Extension 2019 REPORT

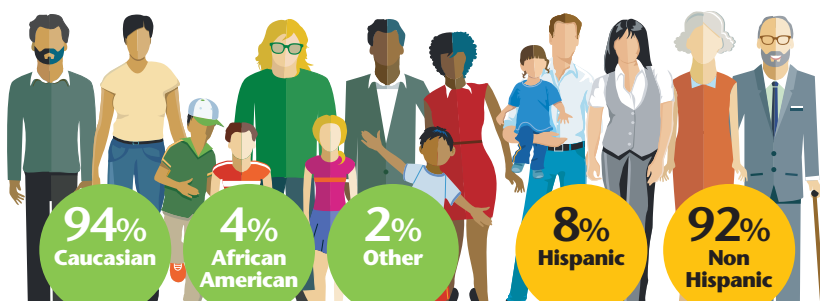


## Congressional District 11

### 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 11

In 2019:

**51** families enrolled in EFNEP

**2,574** participated in 4-H EFNEP

**78%** of EFNEP participants enrolled in one or more food assistance programs.

### 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.


### 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 11

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

 **26%** now practice daily physical activity.

 **77%** practice better food resource management.

 **82%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2019, **146** 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 11 Report

**Congressional District 11  
EFNEP programs  
obtained over**

**\$100,524**

**in funding and support  
from local efforts.**

## EFNEP SUCCESS



### McDowell Students Choose Healthier Drinks

One student in the McDowell County Expanded Food and Nutrition Education Program (EFNEP) changed his eating and exercise habits. One of the lesson activities involved learning how much sugar was in popular drink choices by physically measuring the amount of sugar in their favorite beverages. The EFNEP Educator taught students the importance of reading labels to understand the amount of sugar.

One student commented, *"After taking your class I stopped looking at food as a thrill and more as a source of nutrients. I started to read the labels and see what they had in them. It was actually fun figuring out what foods and drinks had in them. Mrs. Bryan's class was hands-on and fun. It had plenty of activities and experiments. She told us about new things that I did not know."*



### Brevard Elementary Students Choose Water

Forty-two percent of the students in the Transylvania County EFNEP Educator's class decreased sugary beverages. The educator wanted to increase awareness about healthy drink choices among the Brevard Elementary fourth-grade students. Students learned the health benefits of drinking water every day. They also learned the risks associated with drinking too many sugary drinks including the increased risk of obesity, dental caries, and Type II diabetes.

During a series of EFNEP nutrition lessons, the EFNEP Educator demonstrated the number of teaspoons of sugar in sodas, sports drinks, and fruit-flavored, sugary drinks. The students were surprised at the amount of sugar in various drinks and also shocked by the additional physical activity needed to compensate for the extra calories consumed. Students also realized that most of these drinks did not provide beneficial nutrients like vitamins, minerals and protein found in low-fat milk.

A pre and post survey of student behaviors showed that after learning about sugary drinks, 42% of students reduced their weekly consumption of sports drinks and sugary, fruit-flavored beverages. Thirty-three percent of students reduced their weekly soda intake. Providing students with nutrition education that they can use to help guide their food and beverage choices has a substantial impact on health outcomes.

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