

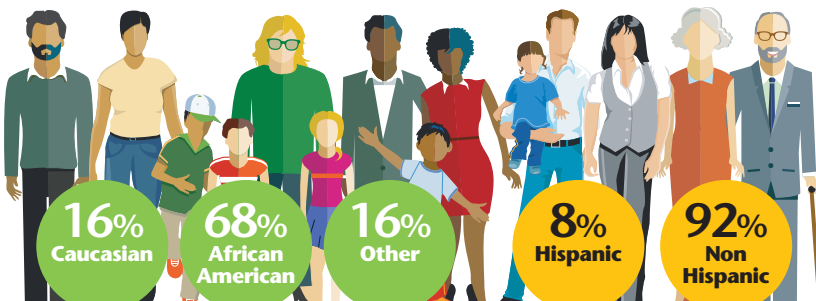
NC Cooperative Extension 2019 REPORT

Congressional District 13

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 13

In 2019:

37 families enrolled in EFNEP

330 participated in 4-H EFNEP

84% 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 13

100% of EFNEP participants improved dietary intake.

67% now practice daily physical activity.

77% practice better food resource management.

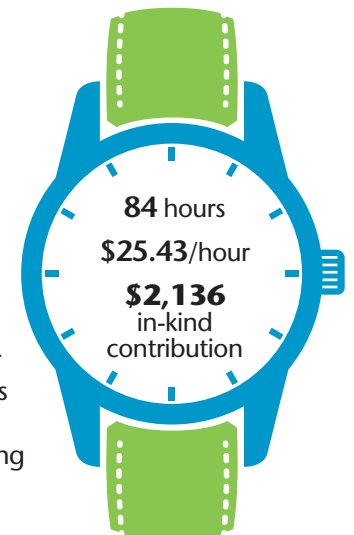
88% have improved their food safety habits.

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, **21** 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 13 Report

**Congressional District 13
EFNEP programs
obtained over**

\$45,647

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

EFNEP SUCCESS

EFNEP Helps Parents Make Lifelong Changes

During a recent series of EFNEP lessons, two participants shared:

“Before taking the EFNEP class I never thought about how cross contamination can occur in the grocery store if I don’t pack my cart correctly. I used to just pile my groceries in the cart in whatever order I picked them up. After the ‘Fix It Safe’ lesson I learned you should always keep your meats and cheeses separate from your fresh produce and dry goods in your grocery cart. I also learned about the danger zone and how meats have to be cooked to 165° Fahrenheit to ensure they are safe for eating. Now I’m able to safely pack my grocery cart, store my groceries, and prepare meals without the fear of getting someone sick from cross contamination.”

—EFNEP Adult Participant

“Before taking the EFNEP classes, I didn’t exercise much except for the occasional... outdoor gardening. After the ‘Moving More Every Day’ lesson I was able to increase my physical activity daily by doing simple things around the house like dancing with my kids, taking a walk after dinner, and walking indoors with the family. Since completing EFNEP classes I’ve increased my physical activity up to an hour a day!”

—EFNEP Adult Participant

EFNEP’s *Table for Two* Helps Young Mom Have a Healthy Pregnancy

According to the Centers for Disease Control, 847 babies died in North Carolina in 2017. Sixty-one of those deaths occurred in Guilford County. Guilford County is seeing an infant mortality rate of 9.8 deaths per 1,000 live births. The state’s rate is 7.1 deaths per 1,000 live births. Nationwide, the infant mortality rate is 5.8 out of 1,000 live births. Low birth weight is the leading cause of infant mortality in Guilford County. These are babies born less than 5.5 pounds, babies who were born too soon and too fragile.

To address this serious issue, the EFNEP Educator in Guilford County has formed a collaboration with Nurse Family Partnership (NFP), which is a home visitation program for first-time mothers. The Educator uses the curriculum *Table for Two* and makes home visits to work with the mothers to teach them how to make healthier choices for their growing family. The curriculum focuses on the importance of not skipping meals, increase fruits and vegetable intake, breastfeeding and food safety. Because of this partnership all mothers enrolled in the EFNEP *Table for Two* program have initiated breastfeeding and all mothers have delivered normal birth weight babies.

The EFNEP Educator formed a strong bond with one mother that didn’t have any family support in North Carolina. The mother started using all the recipes in the *Table for Two* curriculum, the Educator and mother started taking walks together to encourage physical activity, when grocery shopping the mother would text the Educator if she had questions about food labels. The mother delivered a healthy baby girl, initiated breastfeeding and continued to reach out to the Educator for support after she graduated from the EFNEP program. The NFP and EFNEP partnership continues to make differences in the infant mortality rate in Guilford County.

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