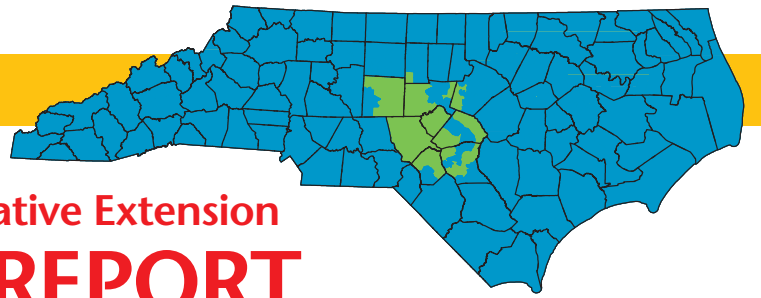




# NC Cooperative Extension 2019 REPORT

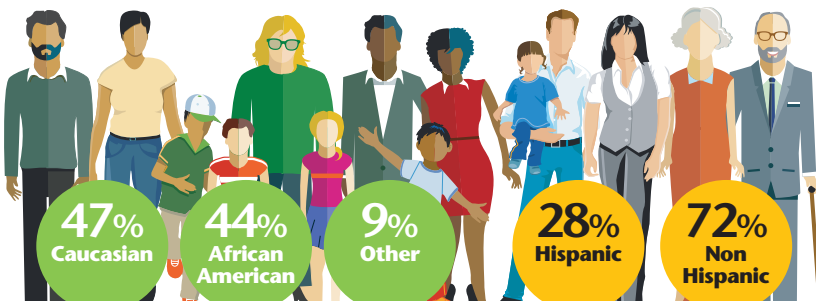


## Congressional District 2

### 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 2

In 2019:

**312** families enrolled in EFNEP      **733** participated in 4-H EFNEP

**80%** 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 2

**97%** of EFNEP participants improved dietary intake.

**65%** now practice daily physical activity.

**94%** practice better food resource management.

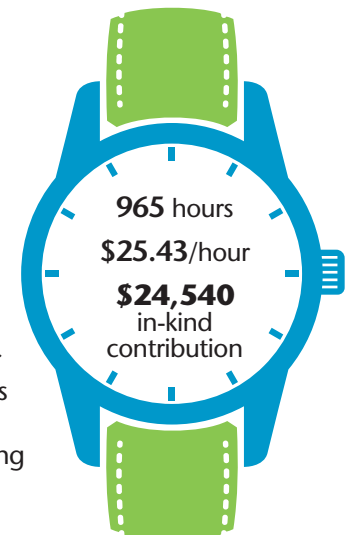
**92%** have improved their food safety habits.

#### 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, **86** 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 2 Report

**Congressional District 2  
EFNEP programs  
obtained over**

# \$53,174

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

## EFNEP SUCCESS



### Knowledge and Tool to Practice Helps Participant Cook Food Safely

EFNEP in Johnston County partnered with a healthcare corporation to provide an on-going nutrition education program to their in-patient rehabilitation program groups.

EFNEP helps participants make small changes through a series of hands-on lessons that include food preparation. As encouragement for participants to practice what they learn at home, EFNEP offers skill builders (small kitchen equipment) that aid participants in healthy food preparation. One item offered this year was a food thermometer.

One participant expressed her excitement of having used a food thermometer for the very first time. *"That's the best tool you could have ever given me. I cooked pork tenderloins a couple of weeks ago and I used the food thermometer according to the temperatures that we talked about in class. The tenderloins were so tender. Before then, my meats would be undercooked or overcooked. But that time it was just perfect."*

By providing both the knowledge and tools that participants need to prepare healthy foods safely in their own home, EFNEP helps participants make and sustain positive changes.



### Broad Community Center and EFNEP

Walking through the doors of Broad Community Center located in Bunn, North Carolina, one sees community members suffering from food insecurity and poverty. A site for food distribution, the Community Center partnered with EFNEP to offer a series of nutrition education classes to their clients.

EFNEP taught participants to improve their dietary intake, physical activity, food resource management, and food preparation. Participants also learned skills to become more food secure. The lessons included food demonstrations, healthy recipe samples, and recipe handouts. Participants looked forward to tasting a new recipe each week.

After three months of EFNEP classes, community members felt empowered to prepare healthy and affordable recipes on their own. Forty-four participants learned how to stretch food dollars, increase physical activity, and how to prepare healthy affordable meals. EFNEP's Pre and Post Evaluations were used to evaluate the group's success. The EFNEP and Broad Community Center collaboration helped the participants save an average of \$51.40 on their monthly grocery bill. 76% of participating families made positive changes and became more physically active. After completing EFNEP classes, participants expressed that they are more confident in the kitchen and pre and post food recalls showed that they now eat 69% more fruits and vegetables than before.

Broad Community Center has been a place of fun and fellowship for many years. The Center works hard to provide essential needs for their residents. Through this partnership, the Center and EFNEP work together to increase food security through learning new skills in food resource management and food preparation for the families served. The participating families have shared that this is a valuable partnership to them and to the members of their community.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

