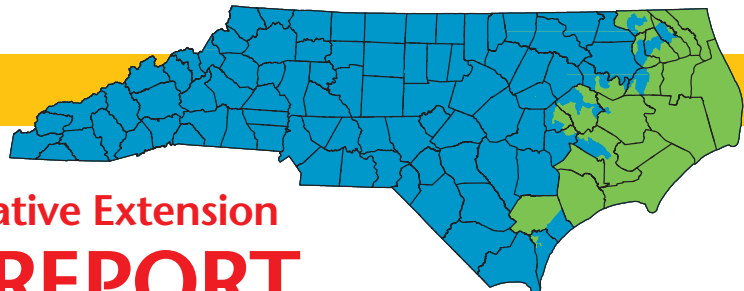




NC Cooperative Extension 2019 REPORT

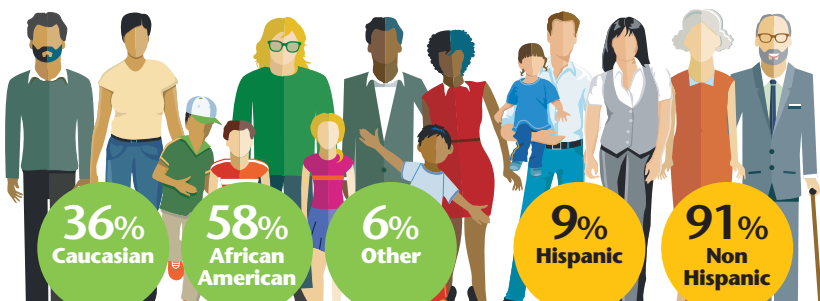


Congressional District 3

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 3

In 2019:

345 families enrolled in EFNEP **2,231** 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 3

97% of EFNEP participants improved dietary intake.

47% now practice daily physical activity.

83% 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, **218** 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 3 Report

**Congressional District 3
EFNEP programs
obtained over**

\$91,474

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

EFNEP SUCCESS



Students Learn Importance of Daily Exercise and Get Moving

The Center for Disease Control and Prevention reports that obesity is a serious health concern for children and adolescents. An estimated 17% of children and adolescents, ages 2 to 19, are obese. Obese children are more at risk than other children and adolescents for health problems such as diabetes, cardiovascular disease and high blood pressure. Many obese children do not engage in any type of daily exercise.

After teaching the students at Our Children's Health Clinic the Expanded Food and Nutrition Education Program (EFNEP), the students were concerned about the amount of exercise everyone did throughout the day. The students, along with the help of parents, decided the main reason they did not exercise is because of other activities such as video games, iPads, computers, and television. After learning that one hour of exercise is recommended for optimal health, they decided to make it a point to have at least one hour of exercise sometime during the day. After a week with the students, most continued the program and found that they felt better and had more energy. All 30 students participating in this EFNEP group committed to participate in physical activity three to four days a week. This is a great start to meeting their daily goal. They were all concerned about receiving the recommended amount of exercise in order to stay healthy and strong and to help control their weight. The EFNEP Educator challenged them to continue to encourage each other to meet this commitment and to continue to work toward meeting the recommended activity level every day.



Grandparent Raising Grandchildren Sees Important Health Benefits

In Pasquotank County the diabetes mortality rate among African American non-Hispanics (36.6%) was more than double the comparable rate among white non-Hispanics (15.0%). Through the partnership of the Albemarle Hospital Foundation Community Care Clinic: Prevent T2 Program for Minority Diabetes Prevention Program (MDPP) and the Expanded Food and Nutrition Education Program (EFNEP), a difference is being made in Pasquotank County.

County statistics from 2014–2017 show that grandparents have an estimated 50% of their minor grandchildren living with them. They are responsible for the care and meal planning for their grandchildren and many of them also have to contend with the fact that they have diabetes.

When the partnership began, educational sessions were arranged for seven participants to meet biweekly for three months. After the first session, the participants asked if they could meet more often. The first lesson educated participants on what appropriate serving sizes are and how those serving sizes impact health and diabetes. Participants were interested in how they could incorporate these changes into their life and how such practices could improve their health and also help prevent diabetes for their grandchildren.

One of the measures utilized by EFNEP to help identify areas of concern in dietary intake is a pre-series 24-hour recall. A review of the participants' recalls showed a high intake of sugary beverages and processed foods. Throughout the series, the EFNEP Educator helped participants learn how to make healthy choices by reading the food label, preparing more meals at home, and paying attention to serving sizes. MDPP provided the participants with essential equipment to monitor their diabetes.

One participant of the program stated that, *"Learning to make a complete meal from what you have on hand and have it taste good is important."* She also shared that her grandchildren eat popcorn now instead of chips and cookies. Additionally, her family's vegetable consumption has increased. *"Being able to prepare my meals again I can see what helps with my diabetes and by being active with the kids I have lost weight, my A1C has gone down from a 9.5 to a 5.9, I don't have to take my pills any longer and I am grateful for both of these programs."*

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