

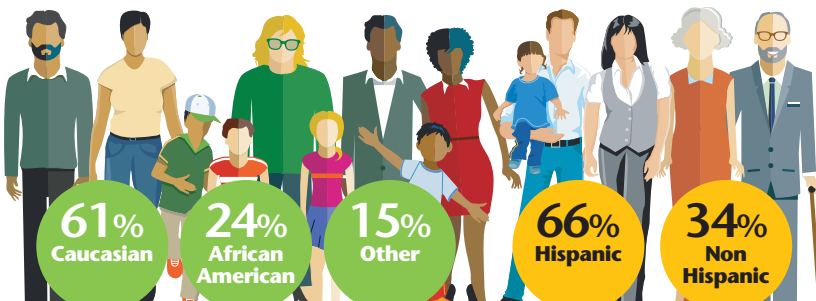
NC Cooperative Extension 2019 REPORT

Congressional District 4

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 4

In 2019:

353 families enrolled in EFNEP **769** participated in 4-H EFNEP

79% 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 4

97% of EFNEP participants improved dietary intake.

63% now practice daily physical activity.

93% 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, **82** 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 4 Report

**Congressional District 4
EFNEP programs
obtained over**

\$65,758

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

EFNEP SUCCESS

Using a Meat Thermometer to Reduce Foodborne Illnesses

Pregnant women and children under five years old have a high risk for developing life threatening health problems as a result of eating contaminated food. This population is a primary audience of the Expanded Food and Nutrition Education Program (EFNEP).

Orange County EFNEP partners with the Women, Infants, and Children (WIC) clinic to teach participants to better manage their food resources, choose and prepare healthy meals, increase daily physical activity, and practice safe food handling and preparation that includes correctly using a food thermometer.

According to pre-evaluations, many of the group participants do not use a thermometer when cooking. One participant, who was five months pregnant, shared that when she cooks meat, she knows it's done by the color and length of time the meat has been cooking. She was surprised to learn that color doesn't mean the meat is cooked and safe to eat. The EFNEP Educator demonstrated the proper way to take the temperature of food. This was the first time the participant had ever used a food thermometer. As a result of EFNEP, the participant now uses a thermometer rather than color to determine when meat is cooked, thus reducing her risk for foodborne illness.



EFNEP Graduate to College Student

Wake County EFNEP partnered with a group from NCWorks NextGen, a program that helps to increase the employability of young adults. Although EFNEP emphasizes healthy food choices and physical activity, the program also teaches participants about planning, budgeting, and time and organizational management, which are all critical to successful employment.

After the first session, one participant shared that he wanted to change his eating habits and become healthier. He was currently working two jobs and didn't have time to eat healthy foods or exercise. The EFNEP Educator, noticing his enthusiasm, recruited him to be her volunteer at each class. He showed up 15 minutes before each session to help set up and prepare for the food demonstration and stayed after to help clean up. During each session, he encouraged the other participants to share and engage in the lesson. His leadership skills helped make the class a success.

After completing EFNEP, the participant learned to plan his meals for the week choosing healthier options. He disciplined himself to be more active each day which gave him the energy to manage a full work schedule. The confidence he gained while volunteering for EFNEP and the lessons he learned motivated him to pursue a college education. As a result, he is now majoring in nutrition at a nearby university.

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.

