

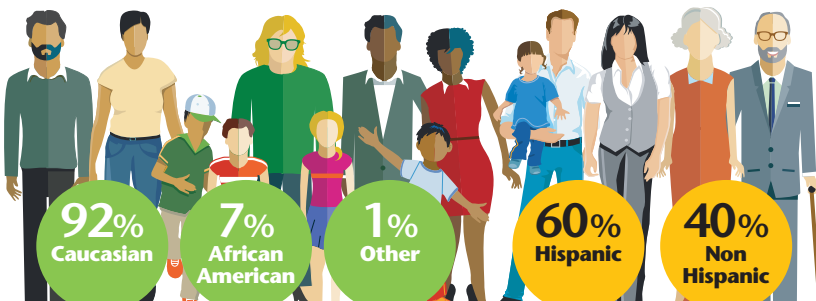
NC Cooperative Extension 2019 REPORT

Congressional District 5

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 5

In 2019:

397 families enrolled in EFNEP **1,550** 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 5

99% of EFNEP participants improved dietary intake.

46% now practice daily physical activity.

88% practice better food resource management.

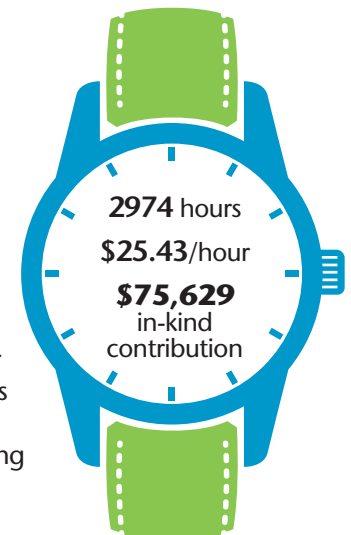
86% have improved their food safety habits.

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, **161** 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 5 Report

**Congressional District 5
EFNEP programs
obtained over**

\$66,434

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

EFNEP SUCCESS



EFNEP Helps Parents Increase Physical Activity, Learn Zumba

In a recent series of EFNEP lessons, parents at a local elementary school learned about the importance of eating healthy and getting adequate physical activity. As part of the lessons, the EFNEP Educator connected the mothers with the local YMCA and helped them obtain scholarships so their families could attend. At the YMCA, the families were able to enroll in group fitness classes, including Zumba.

Exit data collected from the participants showed that more than half of the group increased their daily physical activity.

Graduates shared that they were going to Zumba at least three times a week, walking more, and were doing two days of strength exercises.

Two graduates shared other changes they made as a result of the lessons. One said she lost four pounds over the three months, and another said she was choosing to drink water instead of fruit juice.



EFNEP Helps Participant Make Small Change and Lose 20 Pounds

Surry County Cooperative Extension partnered with the Surry Health and Nutrition Center to deliver EFNEP's *Families Eating Smart and Moving More* program to mothers with young children. As a result of attending this program, one participant stopped drinking soft drinks and lost 20 pounds.

The EFNEP Educator focused her lessons on the importance of eating well-balanced meals using MyPlate as a guide. Participants practiced making their own plates using a variety of food models. They were able to visualize how much they needed to eat and what their plates should look like. Additionally, participants were given a walking video to encourage physical activity indoors. Other lessons stressed the importance of drinking less sugary beverages.

As a result, the participant expressed how beneficial the program has been for her. Lessons such as "Shop for Value, Check the Facts" and "Making Smart Drink Choices" helped her to see the amount of sugar and calories in soft drinks and other foods. She has been able to stop drinking soft drinks and instead drinks water. This one change in her diet has helped her lose 20 pounds and to control her blood sugar.



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