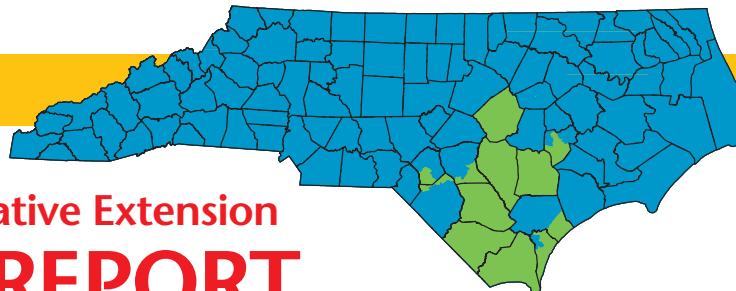




# NC Cooperative Extension 2019 REPORT

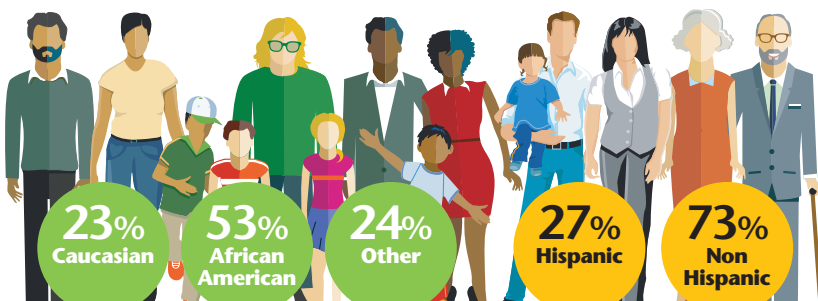


## Congressional District 7

### 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 7

In 2019:

**269** families enrolled in EFNEP      **2,507** participated in 4-H EFNEP

**67%** 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 7

- 89%** of EFNEP participants improved dietary intake.
- 59%** now practice daily physical activity.
- 81%** 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, **242** 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 7 Report

Congressional District 7  
EFNEP programs  
obtained over

\$97,994

in funding and support  
from local efforts.

## EFNEP SUCCESS



### EFNEP Partners with Parks and Recreation to Help Special Needs Youth

EFNEP partnered with the Parks and Recreation Department to hold a summer camp. This camp was specifically for children with special needs. Through the lesson series, participants learned about healthy eating (especially focusing on healthy snacks) and about physical activity.

One participant, who wears knee braces (which limits his mobility) was especially interested in learning how to be more active. The EFNEP Educator expressed to the youth that there are many ways to be more physically active, but what is most important is to just get moving! She gave the participants examples and challenged each of them to become more active every week.

The participant started walking every afternoon to help build the strength in his knees. After the series ended, Parks and Recreation staff reported that the participant was able to play tag with other youth in the gym. He was so excited because this was the first time he was named the "tagger." Staff further stated the following, *"The smile on his face was priceless when he tagged his first person."*

He said he plans to keep up the walking because he wants to continue to become stronger and he aims to get out of the knee braces completely one day.



### EFNEP Impacts Child's Health

A single mother, who works a full-time job and is a full-time student, stated that making meals at home was something that she hardly ever did for her family. The majority of the meals she and her family ate were fast food or frozen microwavable meals. She was aware that these were not the healthiest choices, but she felt she did not have time to cook. She stated, *"It was the quickest and easiest ways to feed my kids."*

The impact of these choices on her family became clear after a visit to her youngest child's pediatrician. She learned that her child's BMI readings placed her in the percentile for being overweight. This was concerning to the mother and something that she wanted to remedy. Her pediatrician suggested that she see a nutritionist, which she could not afford.

The mother heard about EFNEP from a former participant, who expressed how the program helped her make major changes to her family's lifestyle at no cost to her. The mother didn't hesitate to sign up for EFNEP classes as she was eager to learn how to make changes that would affect her entire family's health.

EFNEP lessons taught her how to prepare easy, healthy meals (at home) in less than 30 minutes. She also learned how to include more physical activity into her family's daily schedule.

During follow-up visits to the pediatrician, the mother stated that she received positive feedback about her daughter's weight. The mother was so pleased with the improvements she saw in her daughter's health that she suggested that the pediatrician and staff let other parents know about EFNEP. This is just one example of how EFNEP helps families make changes to improve their health and reduce their risk of chronic disease including overweight and obesity.

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