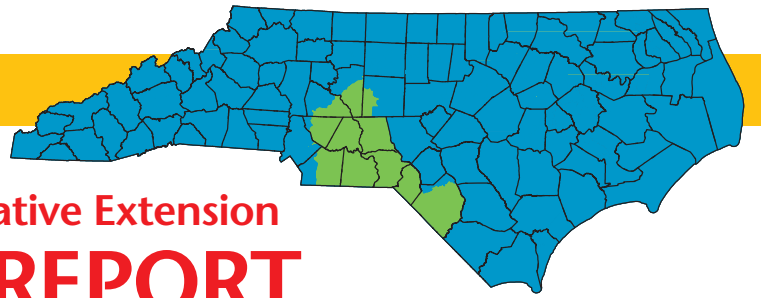




# NC Cooperative Extension 2019 REPORT

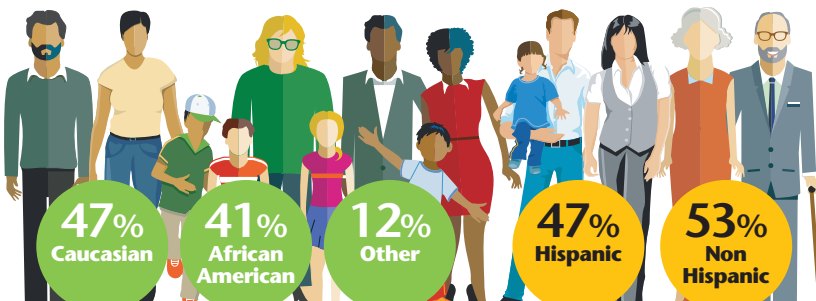


## Congressional District 8

### 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 8

In 2019:

**17** families enrolled in EFNEP

**1,274** participated in 4-H EFNEP

**65%** 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 8

**89%** of EFNEP participants improved dietary intake.

**58%** now practice daily physical activity.

**38%** practice better food resource management.

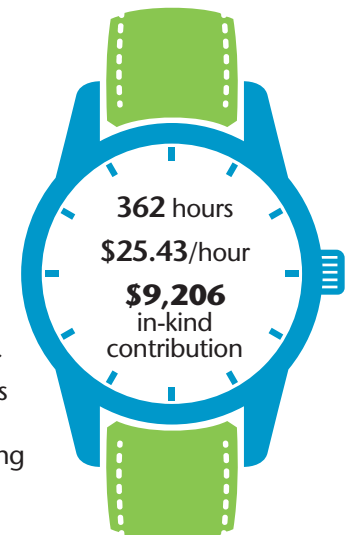
**63%** have improved their food safety habits.

### 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, **27** 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 8 Report

**Congressional District 8  
EFNEP programs  
obtained over**

# \$27,330

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

## EFNEP SUCCESS

### **EFNEP Helps Youth Learn to Eat New Vegetables**

Hoke County Expanded Food and Nutrition Education Program (EFNEP) partnered with two Hoke County elementary schools to help youth understand the benefits of eating more fruits and vegetables.

The EFNEP Educator delivered six nutrition education classes to 127 students demonstrating how to



make healthy, fun and tasty recipes with fruits and vegetables. Students were able to do hands-on activities with each lesson that made learning about nutrition exciting. Out of the 127 participating students, 98%

improved in one or more core areas (dietary intake, physical activity, food resource management, and food safety). Research shows that good nutrition and a healthy diet are related to students having a positive academic and behavioral performance in the classroom. EFNEP will continue to partner with Hoke County Schools to promote the idea of “Learning by Doing” to increase positive dietary changes.

### **Partnership Camp Teaches Farm to Table Concepts**

With the desire to educate children of Cabarrus County about where their food comes from and to help youth adopt healthy eating practices, the EFNEP Educator, along with the County Extension Horticulture Agent, collaborated on *Fun with Foods 4-H Camp*. The campers went on a field trip to NC State University’s commercial research farm so they could see diverse aspects of agriculture. They saw cows being milked, how food was made for the cows from silage, farm equipment, row crops including soybeans, horticultural crops including strawberries, blackberries, sunflowers and tomatoes. Additionally, they visited a farm’s produce stand to select and purchase fresh local foods to prepare the following day.

One of the items purchased was spaghetti squash. Only two of the 12 students had tasted spaghetti squash prior to the *Fun with Foods 4-H Camp*. Before the food preparation activity began, campers learned about the importance of eating vegetables as part of a healthy diet. Campers learned through hands-on food preparation how to cook the spaghetti squash and prepare it multiple ways. Three recipes using spaghetti squash were prepared for the children to cook and taste.

Because research shows that when youth from kindergarten to sixth grade are involved in preparing and cooking their own food, they are more likely to eat that food, it was important to include a nutrition education component into the camp curricula. Of the 12 campers, eight of them tried all three versions of spaghetti squash and said they would request their families fix these recipes at home.

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