

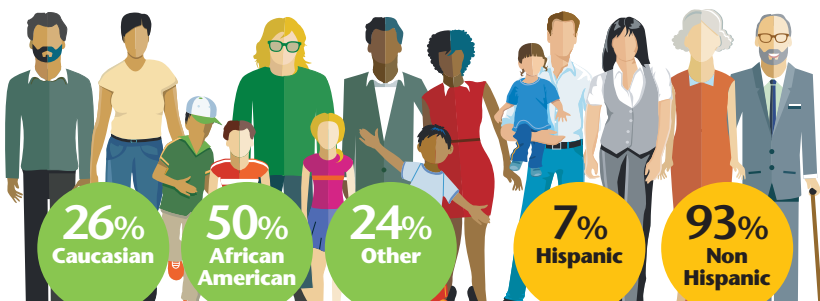
NC Cooperative Extension 2019 REPORT

Congressional District 9

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 9

In 2019:

208 families enrolled in EFNEP **2,148** participated in 4-H EFNEP

91% 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 9

93% of EFNEP participants improved dietary intake.

59% now practice daily physical activity.

86% practice better food resource management.

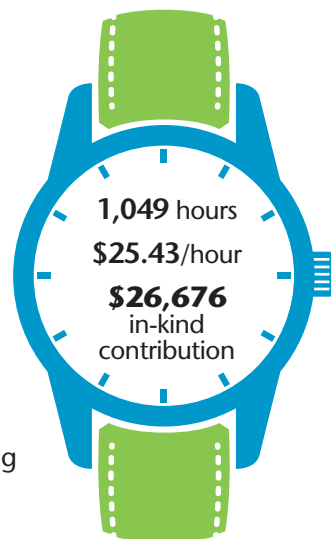
91% have improved their food safety habits.

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, **114** 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 9 Report

**Congressional District 9
EFNEP programs
obtained over**

\$56,200

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

EFNEP SUCCESS



EFNEP's Faithful Families Participant Gives Testimony

"I was in the nutrition class that the EFNEP Educator taught at my church. I am a diabetic and a cancer survivor of many years. I have been looking for simple ways to eat better and ways to do it on my tight budget. Because I am a lot older than the educator, I first thought, what can this young lady teach me that I don't already know? But I was pleasantly surprised. She gently asked our class just to choose one thing from each lesson to change about our diet and cooking habits and try to practice it all year.

I also cook for my grandchildren a lot. I have been finding it hard to teach them to eat healthier. In the nutrition class, I learned how to read the Nutrition Facts label and the ingredient label in order to determine which breakfast cereals and snacks were healthier and lower in sugar and fat. I also got quick and healthy recipes for lunches and dinners. I can now feed my grandchildren foods that are better for their health in the long run. I have cut back on the amount of fruit drinks and sugary cereals and snacks that we eat. And we have been enjoying the changes that I have made.

The educator also mentioned in class that we have to be examples for our children. So, I have changed some of the foods I eat. I don't want my grandchildren to have the health issues that I have had to deal with. I learned that I can add applesauce as a sweetener instead of so much sugar. And I got a recipe for making my own salt-free seasoning. I rarely add salt to my meals now. I really enjoyed this nutrition class and was sad to see it end."



Nutrition Literacy for Healthy Minds and Healthy Bodies

Research shows that people who eat more fruits and vegetables have a reduced chance of developing chronic illnesses. EFNEP entry surveys show that most families do not consume the recommended daily serving of fruits and vegetables. The EFNEP Educator also found that while teaching a lesson on reading Nutrition Fact labels, most participants were not aware of how to correctly interpret the labels and apply the information to their unique dietary concerns. The EFNEP Educator saw this as an opportunity to partner with the Union County Library to offer an opportunity for parents and their children to have an experience that combined literacy with nutrition.

Staff from the Union County Public Library presented morning story time for the children. The delightful stories had themes that centered around food and nutrition. The goal of the partnership was to encourage families to experience cooking together, read and interpret product labels, try a variety of fruits and vegetables, and enjoy the adventures of reading to develop healthy minds and bodies in addition to exposing more families to local foods and the county farmers' market.

Research shows that on average, it takes nine different occasions to encourage a child to try a new food. When children grow it or cook it, they are more likely to eat it. According to the *Journal of Pediatric Nurses* (April/June 2016), the World Health Organization's Commission on Ending Childhood Obesity, one of the tactics proposed to combat the problem of obesity in children is to promote nutrition literacy.

During the course of the classes, one parent found that her child, who previously would not eat any vegetables, now enjoyed corn, tomatoes, and lima beans in the EFNEP "Hearty Vegetable Salad" recipe. This was also a recipe that he took pride in preparing himself for the family meal at home.

Another participant discovered that her lack of understanding the nutrition fact labels contributed to her inability to control her sodium intake. Upon entering the classes, she had experienced swelling in her feet. Although she purchased snacks lower in sodium, she did not follow the suggested serving size, often eating the whole bag in one serving. Additionally, she was not aware of the Federal Dietary Guidelines for the daily recommended amount of sodium intake. As a result of following the complete nutrition fact guidelines, and replacing some snacks with fresh fruits and vegetables, her swelling completely disappeared.

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