

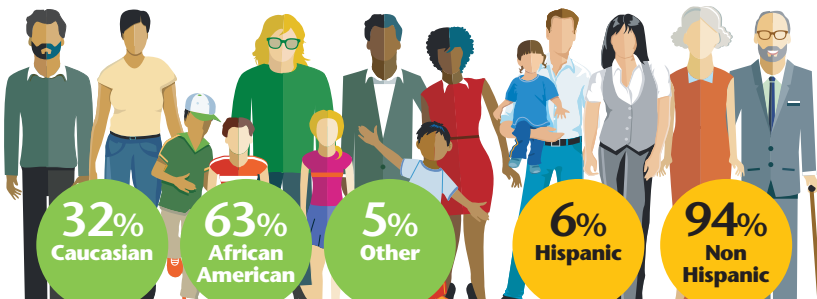
# NC Cooperative Extension 2019 REPORT

## Camden and Pasquotank Counties

### 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 Camden and Pasquotank Counties

In 2019: **201** families enrolled in EFNEP **751** participated in 4-H EFNEP  
**83%** 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 Camden and Pasquotank Counties

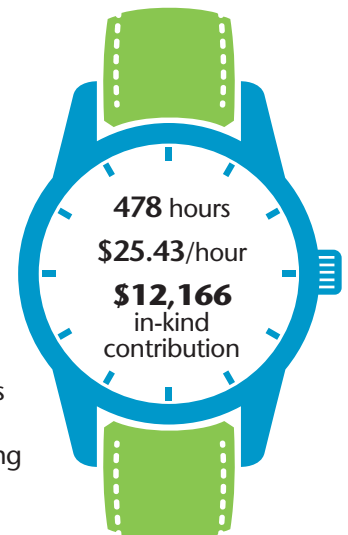
- 92%** of EFNEP participants improved dietary intake.
- 66%** now practice daily physical activity.
- 80%** practice better food resource management.
- 85%** have improved their food safety habits.

### 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, **46** 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 Camden and Pasquotank Counties Report

Camden and Pasquotank Counties  
EFNEP programs obtained

**\$22,104** in funding and support  
from local efforts.

## EFNEP SUCCESS



### EFNEP Recipe Tastings Help Participants Utilize Foods in Family Meals

Twenty percent of more than 40,000 families in Pasquotank County contend with food insecurity. Of our client households, 73% choose between paying for utilities and buying food each month to feed their families.

The Expanded Food and Nutrition Education Program (EFNEP) and the Food Bank of the Albemarle joined forces to provide hands-on nutrition education to clients of the Food Bank. During the first two weeks of the month approximately 350 people each week come to the Food Bank for assistance. During these weeks, the EFNEP Educator conducts nutrition education lessons that include food demonstrations using foods provided in the clients' food boxes allowing them to see how the food is prepared and taste sample recipes.

An example of one of the foods provided one week that clients had not tried before was butternut squash. Increasing the consumption of fruits and vegetables is one of the goals of EFNEP, so the educator prepared Butternut Squash Enchiladas for the clients to taste. As they enjoyed the recipe, the EFNEP Educator shared the importance of eating a variety of fruits and vegetables, especially dark, leafy greens and orange vegetables such as the butternut squash.

Through a survey conducted by the Food Bank partner, clients shared that, as a result of EFNEP, foods they once left in their baskets are now being prepared and eaten. Food Bank clients are very appreciative of the opportunity to participate in EFNEP.



### Grandparent Raising Grandchildren Sees Important Health Benefits

In Pasquotank County the diabetes mortality rate among African American non-Hispanics (36.6%) was more than double the comparable rate among white non-Hispanics (15.0%). Through the partnership of the Albemarle Hospital Foundation Community Care Clinic: Prevent T2 Program for Minority Diabetes Prevention Program (MDPP) and the Expanded Food and Nutrition Education Program (EFNEP), a difference is being made in Pasquotank County.

County statistics from 2014–2017 show that grandparents have an estimated 50% of their minor grandchildren living with them. They are responsible for the care and meal planning for their grandchildren and many of them also have to contend with the fact that they have diabetes.

When the partnership began, educational sessions were arranged for seven participants to meet biweekly for three months. After the first session, the participants asked if they could meet more often. The first lesson educated participants on what appropriate serving sizes are and how those serving sizes impact health and diabetes. Participants were interested in how they could incorporate these changes into their life and how such practices could improve their health and also help prevent diabetes for their grandchildren.

One of the measures utilized by EFNEP to help identify areas of concern in dietary intake is a pre-series 24-hour recall. A review of the participants' recalls showed a high intake of sugary beverages and processed foods. Throughout the series, the EFNEP Educator helped participants learn how to make healthy choices by reading the food label, preparing more meals at home, and paying attention to serving sizes. MDPP provided the participants with essential equipment to monitor their diabetes.

One participant of the program stated that, *"Learning to make a complete meal from what you have on hand and have it taste good is important."* She also shared that her grandchildren eat popcorn now instead of chips and cookies. Additionally, her family's vegetable consumption has increased. *"Being able to prepare my meals again I can see what helps with my diabetes and by being active with the kids I have lost weight, my A1C has gone down from a 9.5 to a 5.9, I don't have to take my pills any longer and I am grateful for both of these programs."*

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