

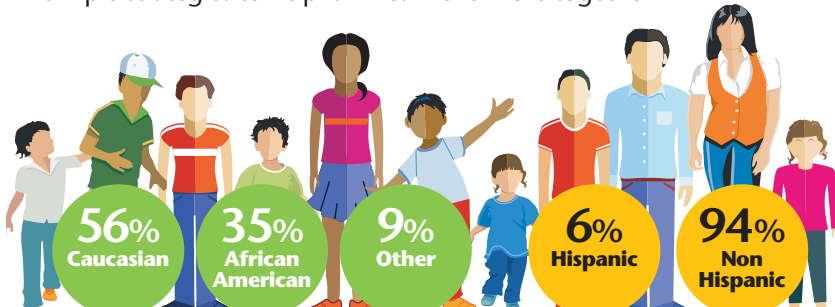
NC Cooperative Extension 2019 REPORT

Chowan and Perquimans 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 Chowan and Perquimans Counties

In 2019: **1,113** youth participated in 4-H EFNEP in Chowan and Perquimans Counties

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.


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 Chowan and Perquimans Counties

 **80%** of EFNEP participants improved dietary intake.

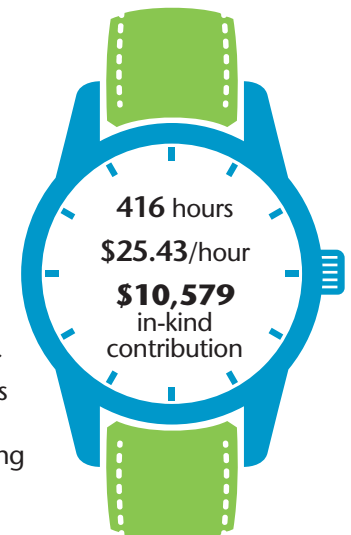
 **40%** now practice daily physical activity.

 **45%** practice better food resource management.

 **49%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2019, **82** 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 Chowan and Perquimans Counties Report

Chowan and Perquimans Counties
EFNEP programs obtained

\$21,642

in funding and support
from local efforts.

EFNEP SUCCESS



Eating More Fruit

EFNEP offers a series of nutrition education classes to school-aged youth in Chowan and Perquimans counties. A second grader participating in the program said that her mother did not like fruits so she did not buy them. During one of the sessions, the EFNEP Educator made the “Easy Fruit Salad” recipe in class and the second grader loved it. That same day the young second grader shared the recipe she had tried during EFNEP with her mother.

The mother prepared the “Easy Fruit Salad” for her child and the rest of the family. Everyone loved it! Because this young participant shared a favorite EFNEP recipe with her family, she was able to introduce fruit into her entire family’s diet.



Healthy Habits Learned Through EFNEP Carry Forward into Adulthood

While attending a fun day in Perquimans County for Smart Start, a young mother approached the 4-H Expanded Food and Nutrition Education Program table. She reminded the EFNEP Educator that she had participated in EFNEP when she was younger. The young mother stated that she now uses several of the EFNEP recipes with her family. She stated the recipes are favorites of her family. Since participating in the program, she shared that she had even passed the recipes along to several of her extended family members. Because of her participation in EFNEP as a young girl, this mother learned to make healthy choices and cook healthy meals for her family as an adult. She continued to practice what she learned in EFNEP long after she had graduated from the program.



Family Time

A young fifth grade girl participating in EFNEP shared that she goes home and tells her mom about all that she has learned in EFNEP after each class. Her mother loves reviewing the lessons and recipes in her daughter’s workbook and likes hearing about what went on during EFNEP classes.

Her mother now buys fruit for snacks instead of all the bags of chips she had previously been purchasing. Her mother has also started including more vegetables with meals. She and her mother have started walking together after school and this young girl shared that her mother has even lost some weight.

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