

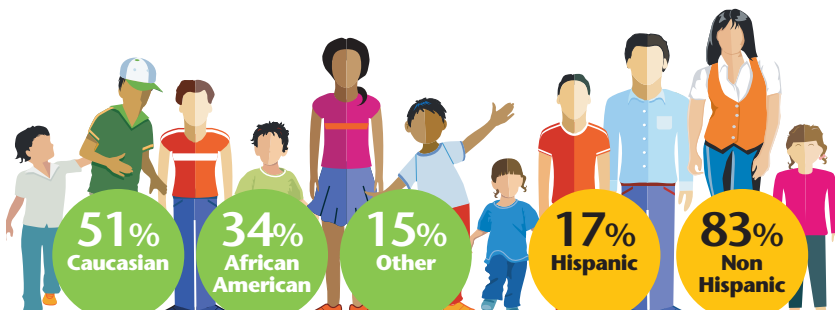
NC Cooperative Extension 2019 REPORT

Columbus County

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 Columbus County

In 2019: **871** youth participated in 4-H EFNEP in Columbus County

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:

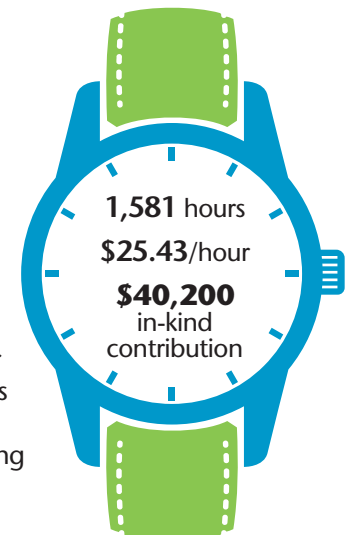
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Columbus County

- 89%** of EFNEP participants improved dietary intake.
- 55%** now practice daily physical activity.
- 50%** practice better food resource management.
- 64%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2019, **76** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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Columbus County
EFNEP programs obtained

\$16,608

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 Helps Youth Choose Less Sugar

Over a four-month period Columbus County EFNEP partnered with Acme Delco Elementary School to offer a series of nutrition education classes to the students in the school. EFNEP taught classes about healthy eating based on MyPlate. An area of particular interest to the students was reducing their sugar intake.

Students learned to choose fresh fruit instead of fruit juices and water and low-fat milk instead of sugary soft drinks.

An open discussion took place in the classroom about the effects of sugar on the body. Students shared stories about family members who were suffering with health issues such as diabetes. Several students expressed how they wanted to live healthier lives now so that they would not be affected with these types of chronic diseases later in life.

After the lesson series was completed, teachers reported that many students started bringing healthier drink choices with their lunches. They even overheard a few students discussing the amount of sugars in their drinks to help each other make the best choice.



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