

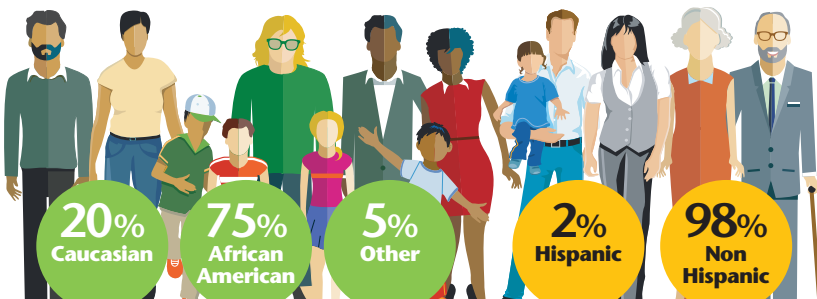
NC Cooperative Extension 2019 REPORT

Edgecombe 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 Edgecombe County

In 2019: **100** families enrolled in EFNEP **658** participated in 4-H EFNEP
55% 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 Edgecombe County

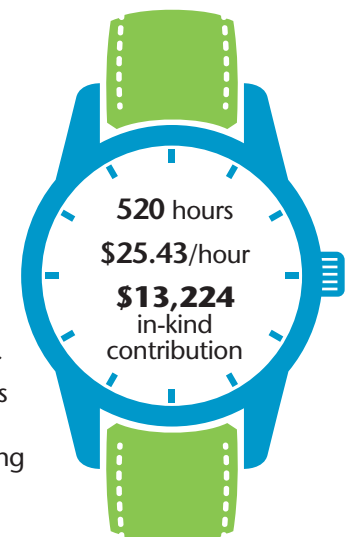
- 95%** of EFNEP participants improved dietary intake.
- 85%** now practice daily physical activity.
- 78%** practice better food resource management.
- 72%** have improved their food safety habits.

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, **56** 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 Edgecombe County Report

Edgecombe County
EFNEP programs obtained

\$16,926

in funding and support
from local efforts.

EFNEP SUCCESS



Steps to a Healthier Future

At the start of a new EFNEP series for grandparents parenting grandchildren, there was a lively discussion about the group's thoughts on eating healthy. The first thing mentioned was a dislike for bland food. One participant stated, "I hope you're not telling me I can't eat fried chicken no more." Another said, "I like gravy and don't eat much green stuff. You gonna tell me I have to stop smothering my fried pork chops and eat more salad?"

The EFNEP Educator shared that the purpose of the program was to provide them with information that could help them make changes they wanted to make. The goal was to encourage them to consider small changes that would improve their health and the health of the grandchildren in their care. The educator assured the group that she was not there to tell them they couldn't eat a food, but she could help them adjust favorite recipes to make them healthier.

After several sessions together, some of the participants began to share how adopting suggested changes was making a difference. One of the participants has decreased her intake of salt by tasting her food first before adding table salt. Another now bakes her pork chops prior to drizzling it with lite gravy. They have also begun to incorporate more light physical activity into their daily lives. While this group was initially very skeptical about changes to their diet, they have now begun taking steps to a healthier future.



One Child's Participation in EFNEP Helps Family Learn as Well

Recently, while in the grocery store shopping for an upcoming EFNEP class, the EFNEP Educator ran into a former student and her family. The young girl immediately recognized the educator and ran to her side. As she hugged the educator, her mother rushed up apologizing for her child. She stooped down to scold her child for hugging a stranger when the girl replied, "She's the lady that teaches us about food and play power!" The mother stood up straight and reached out to shake the educator's hand. The mother explained that her daughter loved the EFNEP classes! She came home every Tuesday for weeks and shared what she had learned. Some of the information the mother admitted that even she didn't know, such as sanitizing is not the same as cleaning. The girl had also shared her new knowledge with the other three siblings and her aunt. This was a perfect example of one child making a difference in five lives through attending EFNEP classes!



New Participant Values EFNEP

EFNEP in Edgecombe County has a new partnership with Vidant Multispecialty Clinic to provide a series of nutrition education classes to diabetic patients. The partnership has been very beneficial. Patients have the opportunity to make a connection between the advice of their medical professionals and how they can practically implement that advice on a limited budget. Following the first session, one student was so enthusiastic about what she had learned that day that she gave the EFNEP Educator a call later that week. She talked about how much she enjoyed the first class and learning to add more vegetables in her diet with the "Super Stir Fry" recipe that was demonstrated during the class. The participant shared that she really wanted to learn how to cook healthier foods and that attending the classes was a top priority for her. She asked the Educator to please send her reminders through the mail so that she could be sure to post the date of the next class on her refrigerator. Even after only one class, this participant shared the value of the information she received by participating in EFNEP.

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