

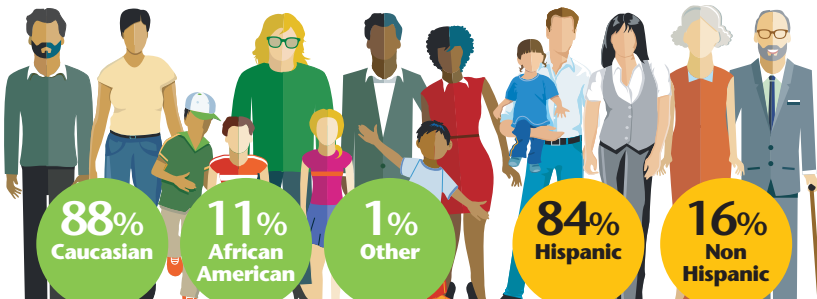
NC Cooperative Extension 2019 REPORT

Forsyth 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 Forsyth County

In 2019: **152** families enrolled in EFNEP **19** participated in 4-H EFNEP

99% 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 Forsyth County

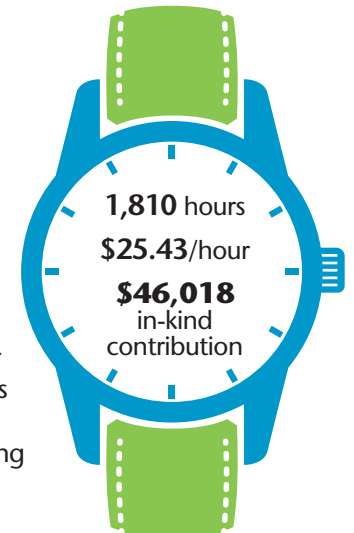
- 100%** of EFNEP participants improved dietary intake.
- 96%** now practice daily physical activity.
- 99%** practice better food resource management.
- 100%** have improved their food safety habits.

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, **33** 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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Forsyth County
EFNEP programs obtained

\$40,416

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Helps Parents Increase Physical Activity, Learn Zumba

In a recent series of EFNEP lessons, parents at a local elementary school learned about the importance of eating healthy and getting adequate physical activity. As part of the lessons, the EFNEP Educator connected the mothers with the local YMCA and helped them obtain scholarships so their families could attend. At the YMCA, the families were able to enroll in group fitness classes, including Zumba.

Exit data collected from the participants showed that more than half of the group increased their daily physical activity. Graduates shared that they were going to Zumba at least three times a week, walking more, and were doing two days of strength exercises.

Two graduates shared other changes they made as a result of the lessons. One said she lost four pounds over the three months, and another said she was choosing to drink water instead of fruit juice.



EFNEP Helps Participants Get the Best for Less!

With the help of volunteers, EFNEP in Forsyth County has been able to make trips to the grocery store with groups of participants in the program. These grocery store tours help participants practice what they have learned in the nutrition education classes. Participants learn to get the best for less by reading labels, comparing prices, knowing when to utilize coupons, and taking advantage of store specials. From 115 EFNEP participants, it was observed that 86% had changes in the management of food resources and how to make better choices in foods, especially fruits and vegetables and snacks. They also commented that they learned to save money by comparing prices and checking the dates of expiration. The participants said that they loved the grocery store tours and appreciated the opportunity to practice their new skills under the guidance of the EFNEP Educator.

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