

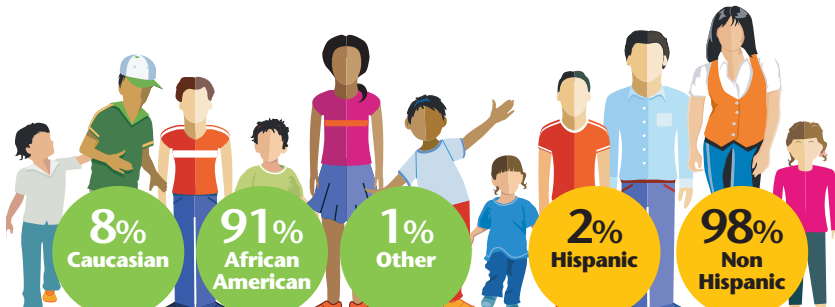
# NC Cooperative Extension 2019 REPORT

## Halifax 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 Halifax County

In 2019: **179** youth participated in 4-H EFNEP in Halifax 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 Halifax County

-  **100%** of EFNEP participants improved dietary intake.
-  **97%** now practice daily physical activity.
-  **91%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2019, **2** 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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Halifax County  
EFNEP programs obtained

**\$8,800**

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Those Mean Nasty Germs

Handwashing really is our best defense against many kinds of bacteria and viruses that cause infection. It is only effective at killing germs if done properly. Germs spread rapidly between children prompting outbreaks of flu, colds, and other diseases.

The Halifax County Expanded Food and Nutrition Program (EFNEP) stressed the importance of handwashing with each of its six lessons. The EFNEP Educator has found that the younger children typically don't like to take the time to wash their hands, but there are ways to make it fun. The best way to encourage handwashing is through an educational yet fun approach. The first week the EFNEP Educator discovered just how good the children were at washing their hands using a Glo-germ lotion and a black light. The children loved the hands-on experiment. One can only imagine how surprised those first graders were when they checked their hands under a black light only to say "Yuk" to those mean, nasty, but invisible germs. Each week the EFNEP Educator discussed handwashing and had the children practice proper handwashing.

Teachers and parents told the EFNEP Educator that the children are now practicing proper handwashing techniques at home and at school. Teachers noticed that absentees were down following the increase in proper handwashing technique by the first graders. The 88 first graders at Kipp Halifax were given a pre and post evaluation and it showed an increase from 13% to 100% of participating children washing their hands before eating. Way to go Kipp Cubs! Keep washing those hands and singing the "Squeaky Clean Hands Song" every day.

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