

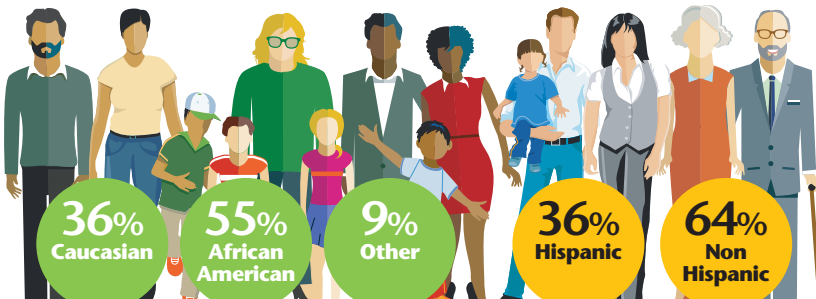
# NC Cooperative Extension 2019 REPORT

## Hoke 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 Hoke County

In 2019: **11** families enrolled in EFNEP **524** participated in 4-H EFNEP  
**27%** 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 Hoke County

- 88%** of EFNEP participants improved dietary intake.
- 48%** now practice daily physical activity.
- 100%** practice better food resource management.
- 82%** 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, **8** 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 Hoke County Report

Hoke County  
EFNEP programs obtained

# \$10,813

in funding and support  
from local efforts.

## EFNEP SUCCESS



### EFNEP Helps Youth Learn to Eat New Vegetables

Hoke County Expanded Food and Nutrition Education Program (EFNEP) partnered with two Hoke County elementary schools to help youth understand the benefits of eating more fruits and vegetables. The EFNEP Educator delivered six nutrition education classes to 127 students demonstrating how to make healthy, fun and tasty recipes with fruits and vegetables. Students were able to do hands-on activities with each lesson that made learning about nutrition exciting. Out of the 127 participating students, 98% improved in one or more core areas (dietary intake, physical activity, food resource management, and food safety). Research shows that good nutrition and a healthy diet are related to students having a positive academic and behavioral performance in the classroom. EFNEP will continue to partner with Hoke County Schools to promote the idea of “Learning by Doing” to increase positive dietary changes.



### EFNEP Helps Mother Choose Healthier Items for Her Family

Many adults do not understand how to read a nutrition facts label. Studies show people who are aware of diet-disease relationships use food labels to guide their food choices and make healthier intake choices. Based on this need, Hoke County Cooperative Extension’s Expanded Food and Nutrition Education Program for adults partnered with Yadkin Trail Housing Development. After finishing the food label lesson, one student revealed a personal testimony of how she taught her daughter to read a food label on a cereal box while grocery shopping. The participant explained the least nutritious types of cereal will have sugar as the first ingredient and better choices are cereals with whole grains listed first. Reading and understanding how nutrition facts work play an important role in reinforcing healthy eating habits.

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