

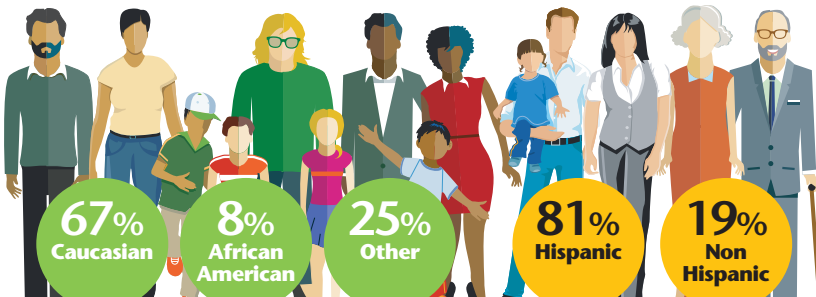
NC Cooperative Extension 2019 REPORT

Lee 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 Lee County

In 2019: **98** families enrolled in EFNEP **134** participated in 4-H EFNEP
40% 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 Lee County

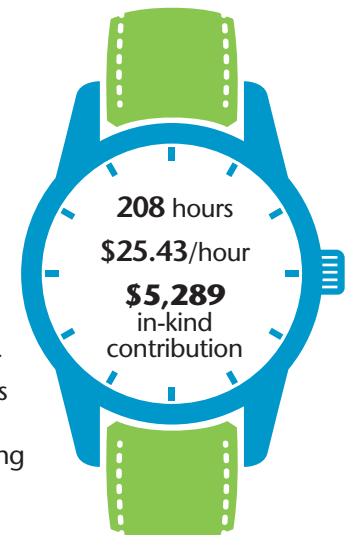
- 91%** of EFNEP participants improved dietary intake.
- 77%** now practice daily physical activity.
- 74%** practice better food resource management.
- 78%** have improved their food safety habits.

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, **32** 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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Lee County
EFNEP programs obtained

\$340

in funding and support
from local efforts.

EFNEP SUCCESS



Small Changes Help Mom Find Easy Ways to Increase Physical Activity

An EFNEP participant who immigrated from Puerto Rico shared that physical exercise was very difficult to establish in her current lifestyle. She explained that her current financial situation did not allow her to have a gym membership and the weather was too hot to be outside. During one of the sessions about physical activity participants learned that small changes, like taking a 15-minute walk, could increase their daily activity and a gym membership was not necessary to start being active. By the end of the series, the participant expressed that she was walking 30 minutes a day, three times a week early in the morning before the day warms up. She also stated that the beginning was difficult and complained of sore legs but as days passed, she was able to overcome and now feels more active. Some of her other changes include drinking more water and reducing her soda intake.



EFNEP Helps Participants Adopt Strategies Resulting in Huge Savings on Food Costs

Over the course of 10 weeks of EFNEP classes, in conjunction with English classes offered at El Refugio, the EFNEP Educator emphasized the potential of saving money and increasing nutrition through eating meals prepared at home. The classes also encouraged participants to purchase what's fresh and in-season, and "cooking once and eating twice," utilizing coupons and store apps, as well as other useful strategies for stretching a family's monthly food dollar. After 10 weeks of classes and practicing the money saving techniques recommended, participants were able to reduce their monthly food cost to an equivalent savings of nearly 25%, with some even cutting their bill by as much as one third.

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