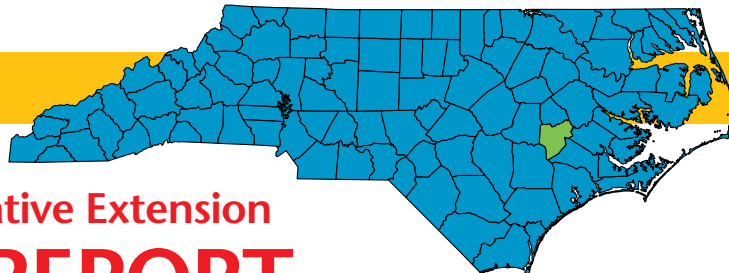




# NC Cooperative Extension 2019 REPORT

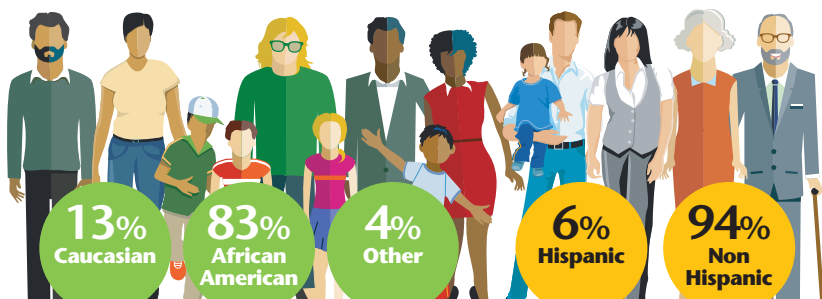


## Lenoir County

### 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 Lenoir County

In 2019: **82** families enrolled in EFNEP **147** participated in 4-H EFNEP

**94%** of EFNEP participants enrolled in one or more food assistance programs.

### 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 Lenoir County

 **100%** of EFNEP participants improved dietary intake.

 **100%** now practice daily physical activity.

 **96%** practice better food resource management.

 **100%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2019, **40** 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 Lenoir County Report

Lenoir County  
EFNEP programs obtained

# \$18,805

in funding and support  
from local efforts.

## EFNEP SUCCESS



## College Instructor Learns Valuable Lessons, Too, Because of EFNEP

The EFNEP Educator recently completed a class at the local community college in Lenoir County. During the introduction lesson the GED Instructor was provided an overview of the lessons that would be taught over the coming weeks.

After mentioning the “Making Smart Breakfast Choices” lesson, the instructor of the class (which had been a partner with EFNEP for two years), stated that she never ate breakfast prior to hearing this lesson. She was very sluggish, tired and did not want to face her students every day, because every little thing they did would make her irritable. The EFNEP Educator challenged class participants (who were not eating breakfast) to eat breakfast every day for the next week and see the difference in how they felt.

The class instructor participated in the challenge (along with her students) and ate breakfast every day for the next week. She told the class that after starting to eat breakfast, she had so much more energy. She came to class each day looking forward to seeing her students and was not irritable at all.

She made the statement, *“Breakfast really is the most important meal of the day and Thanks to Mrs. Teresa and EFNEP, I’ve found that to be true.”* The instructor shared that now, she never goes a day without eating breakfast unless she is sick or is fasting for a doctor’s appointment.

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