

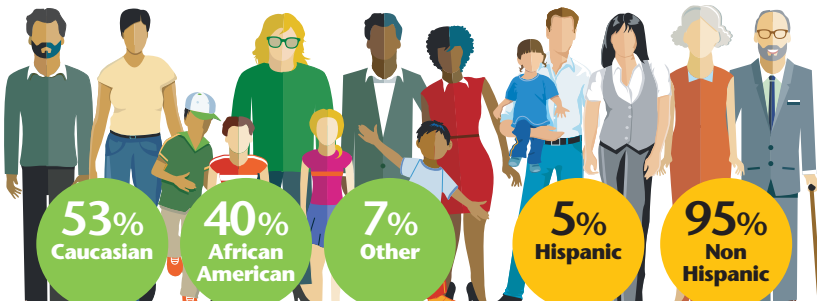
NC Cooperative Extension 2019 REPORT

Martin 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 Martin County

In 2019: **10** families enrolled in EFNEP

590 participated in 4-H EFNEP

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 Martin County

- 86%** of EFNEP participants improved dietary intake.
- 44%** now practice daily physical activity.
- 63%** 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, **19** 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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Martin County
EFNEP programs obtained

\$22,216

in funding and support
from local efforts.

EFNEP SUCCESS



Snack Choices at School

Most children in the United States consume much of their daily food intake at school. A school environment can have an important influence on the diets of school-aged children. According to the Center for Disease Control, foods and beverages provided through school and after-school snack programs must meet certain nutritional requirements to receive federal reimbursement. Along with these foods and beverages, many schools sell foods separate from school meals offered in the cafeteria. These foods can be found at a snack bar or vending machine. These foods are competitive foods to the more nutritious school meal being offered to students. It is important to increase awareness of the benefits of enjoying a healthy school meal or snack rather than obtaining less nutritious foods from the snack bar or vending machine.

The EFNEP Educator in Martin County, partnered with E.J. Hayes Elementary School third-grade classes to establish a series of six 4-H EFNEP lessons using the *Building My Body* curriculum. This curriculum encourages the increase of a variety of foods in youths' daily diets and the improvement of selecting nutritious foods for meals and snacks. The third-grade students engaged in the "Getting to Know the Food Groups" lesson, which focuses on MyPlate and how each food group helps give important nutrients needed for a healthy body. The third-grade students were encouraged to learn about the importance of eating a variety of foods when choosing their snacks and meals at school.

One of the third-grade teachers reported that as a result of the Expanded Food and Nutrition Education Program, her students talked about the snacks they brought to school for the day. She noticed that her students would comment during lunch and snack time on whether the foods they were eating were healthy or not. The teacher also shared that during lunch, her students have been eating more varieties of foods such as fruits and vegetables. This is an excellent example of how 4-H EFNEP classes can change a classroom environment to encourage children to make healthier food choices.

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