

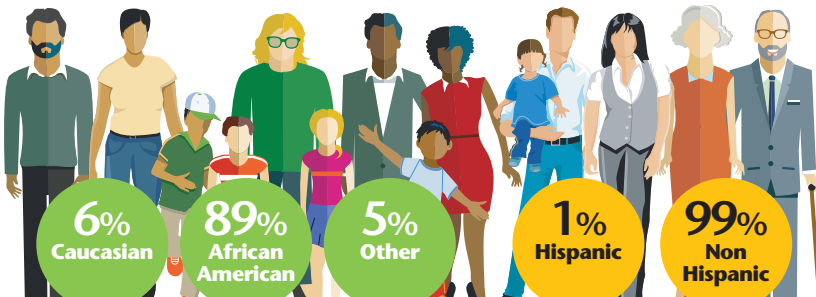
NC Cooperative Extension 2019 REPORT

Northhampton 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 Northhampton County

In 2019: **139** families enrolled in EFNEP

96% 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 Northhampton County

100% of EFNEP participants improved dietary intake.

79% now practice daily physical activity.

91% practice better food resource management.

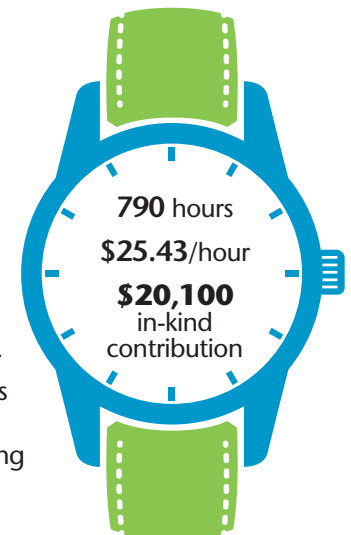
95% have improved their food safety habits.

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, **41** 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 Northampton County Report

Northampton County
EFNEP programs obtained

\$13,835

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Helps Participant Eat More Vegetables and Lose Weight

It's good practice to add more fruits and vegetables into your day and to your diet for a variety of health benefits, including weight management. A group interested in improving their dietary intake to help them lose weight participated in an EFNEP series of classes which focused on making healthy choices. Particular attention was given to choosing more fruits and vegetables, reading food labels, making smart drink choices, and smart-sizing portions. During the program, one participant shared that she did not eat many vegetables. She said she just didn't like them and didn't even want to try them.

Through the classes, she learned that fruits and vegetables are typically high in vitamins, minerals, and fiber, and are low in calories and sodium. Upon learning the enormous benefits of including more fruits and vegetables in her diet, the participant, with the EFNEP Educator's encouragement began to try some of the recipes including vegetables prepared in the classes.

Following the program, she stated, "Each session or workshop was a learning experience. I enjoyed most of the recipes that were prepared in the sessions." She also mentioned she tried easy ways to eat more colorful, nutritious, and delicious vegetables and fruits throughout the day. By eating a variety of fruits and vegetables, she found her weight was easier to control, her blood pressure was lowered, and she was successful in losing 10 pounds. She states it was a challenge, but she now tries different foods on a regular basis.



EFNEP Helps Mom Teach Children About Healthy Drinks

EFNEP, offered through NC Cooperative Extension and the Northampton County Cultural and Wellness Center, provided a series of nutrition education classes to a group of parents who live in the community and utilize the center. Throughout the classes, EFNEP shares healthy recipes and physical activities which can be incorporated practically at home through hands-on learning. Using information from a pre-evaluation and what participants state is of interest to them, the EFNEP Educator designs the classes to meet these needs.

A mother of three young children who was participating in the EFNEP class series stated that her greatest concern was getting her children to choose healthy drink options rather than soft drinks. With this need in mind, the EFNEP Educator focused on increasing water consumption and strategies to have children accept water as their beverage of choice during each of the sessions.

By the end of the program the mother shared that she was drinking more water and no longer buying soft drinks. She also used one of the strategies suggested by the EFNEP Educator and purchased plenty of colorful straws for her children to use when they drink water. She was happy to report that her children now drink water with every meal. The mother also says that she is enjoying the water bottle she received as a skillbuilder during the EFNEP series. She carries it with her every day for easy access to water at work or while running errands. As a result of what she learned through EFNEP, this mother made positive changes in her own and her children's drink habits. By reducing her family's sugar, this mother has decreased her family's risk of chronic diseases such as obesity and diabetes.

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