

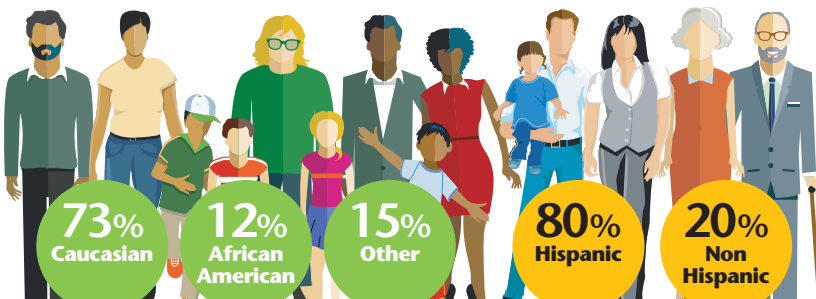
# NC Cooperative Extension 2019 REPORT

## Orange 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 Orange County

In 2019: **218** families enrolled in EFNEP **173** participated in 4-H EFNEP  
**81%** 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 Orange County

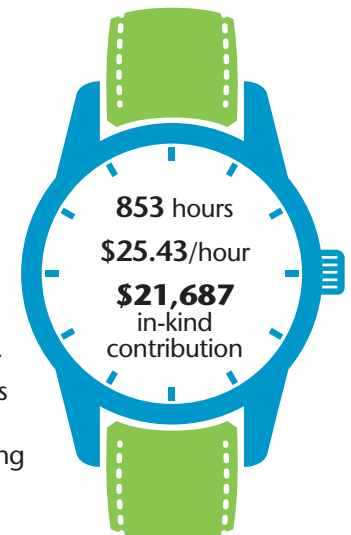
- 97%** of EFNEP participants improved dietary intake.
- 91%** now practice daily physical activity.
- 95%** practice better food resource management.
- 95%** have improved their food safety habits.

### 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, **44** 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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Orange County  
EFNEP programs obtained

\$37,906

in funding and support  
from local efforts.

## EFNEP SUCCESS

### Using a Meat Thermometer to Reduce Foodborne Illnesses

Pregnant women and children under five years old have a high risk for developing life threatening health problems as a result of eating contaminated food. This population is a primary audience of the Expanded Food and Nutrition Education Program (EFNEP). Orange County EFNEP partners with the Women, Infants, and Children (WIC) clinic to teach participants to better manage their food resources, choose and prepare healthy meals, increase daily physical activity, and practice safe food handling and preparation that includes correctly using a food thermometer.

According to pre-evaluations, many of the group participants do not use a thermometer when cooking. One participant, who was five months pregnant, shared that when she cooks meat, she knows it's done by the color and length of time the meat has been cooking. She was surprised to learn that color doesn't mean the meat is cooked and safe to eat. The EFNEP Educator demonstrated the proper way to take the temperature of food. This was the first time the participant had ever used a food thermometer. As a result of EFNEP, the participant now uses a thermometer rather than color to determine when meat is cooked, thus reducing her risk for foodborne illness.

### Children Increase Fruit and Vegetable Intake through Tastings

The State of Obesity report indicated that North Carolina is among the top 10 states with high childhood obesity rates. Research shows that overweight or obese children tend to become overweight and/or obese adolescents. The 2015–2016 Dietary Guidelines for Americans recommends that children two to eight years old eat one to two cups of fruit and vegetables a day. Unfortunately, only about 1 in 10 students in Orange County eat the recommended amounts. Orange County's Expanded Food and Nutrition Education Program (EFNEP) partnered with a local elementary school to teach second graders to make healthier food choices and increase their fruit and vegetable intake.

In order to encourage youth participants to eat more fruits and vegetables, the EFNEP Educator brought in samples for children to taste. Teachers loved the idea so much that they asked the parents to get involved. Parents brought in different fruits and vegetables they wanted the students to try. Many brought exotic foods like mango, star fruit, and (cooked) plantain. The children were able to feel, smell, and taste the food. For many, it was the first time they tried something new. As a result of EFNEP, the students have shared that they are asking their parents to buy more fruits and vegetables to eat at home. Teachers have also noticed that the students have a more positive attitude about eating fruits and vegetables.



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