

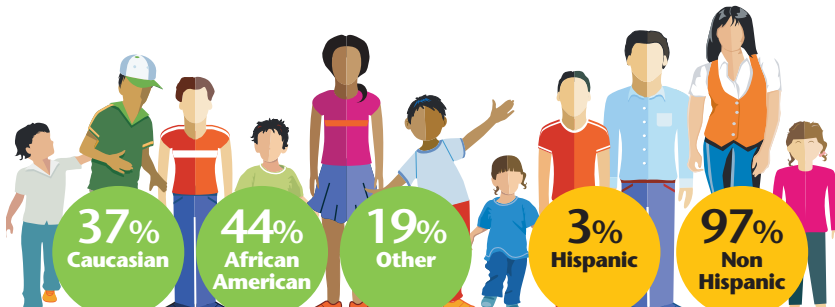
NC Cooperative Extension 2019 REPORT

Pitt 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 Pitt County

In 2019: **724** youth participated in 4-H EFNEP in Pitt County

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:

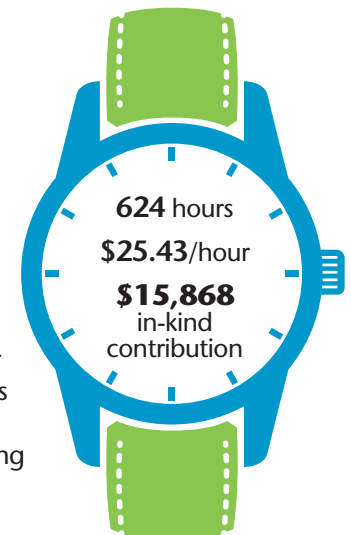
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Pitt County

- 88%** of EFNEP participants improved dietary intake.
- 49%** now practice daily physical activity.
- 82%** practice better food resource management.
- 78%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2019, **75** 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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Pitt County
EFNEP programs obtained

\$18,078

in funding and support
from local efforts.

EFNEP SUCCESS



Students Learn Importance of Daily Exercise and Get Moving

The Center for Disease Control and Prevention reports that obesity is a serious health concern for children and adolescents. An estimated 17% of children and adolescents, ages 2 to 19, are obese. Obese children are more at risk than other children and adolescents for health problems such as diabetes, cardiovascular disease and high blood pressure. Many obese children do not engage in any type of daily exercise.

After teaching the students at Our Children's Health Clinic the Expanded Food and Nutrition Education Program (EFNEP), the students were concerned about the amount of exercise everyone did throughout the day. The students, along with the help of parents, decided the main reason they did not exercise is because of other activities such as video games, iPads, computers, and television. After learning that one hour of exercise is recommended for optimal health, they decided to make it a point to have at least one hour of exercise sometime during the day. After a week with the students, most continued the program and found that they felt better and had more energy. All 30 students participating in this EFNEP group committed to participate in physical activity three to four days a week. This is a great start to meeting their daily goal. They were all concerned about receiving the recommended amount of exercise in order to stay healthy and strong and to help control their weight. The EFNEP Educator challenged them to continue to encourage each other to meet this commitment and to continue to work toward meeting the recommended activity level every day.



The Importance of Eating Smart

The obesity epidemic is occurring among boys and girls throughout the United States, among younger children and adolescents, across all socioeconomic groups and among all racial/ethnic subpopulations. However, in several racial/ethnic groups, in low-income populations, and among recent immigrants to the United States, the rates of obesity among children and youth are alarmingly high and are increasing faster than in other populations.

The Pitt County Cooperative Extension EFNEP Educator worked with a group of third graders in a low-income Pitt County community to help them understand the importance of eating smart. One hundred and thirty students completed the six-week series of nutrition education lessons.

The youth are now making healthier food choices. Forty-two percent of the third graders are now eating vegetables at lunch. Also, 41% report that they are now reading Nutrition Fact labels. The knowledge gained about nutrition will help the youth select healthier food options and, in doing so, will help them reduce their risk of becoming overweight or obese.



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