

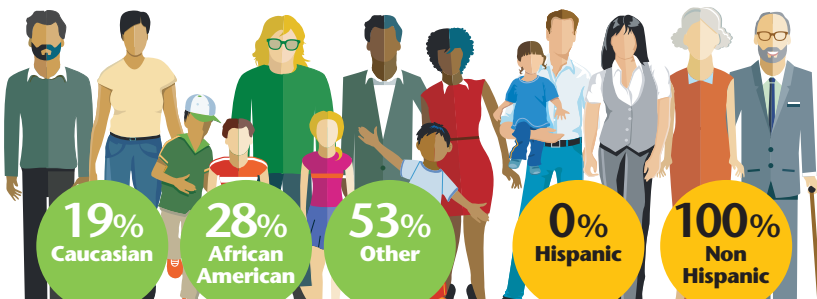
NC Cooperative Extension 2019 REPORT

Robeson 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 Robeson County

In 2019: **81** families enrolled in EFNEP **1,161** participated in 4-H EFNEP
88% 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 Robeson County

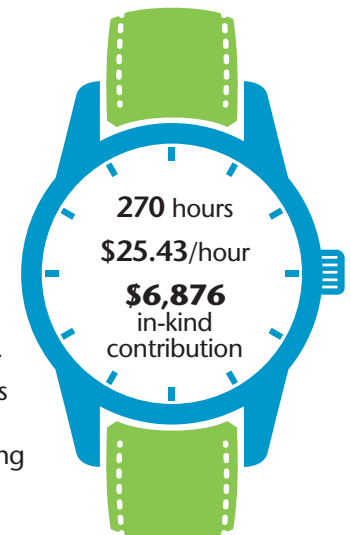
- 90%** of EFNEP participants improved dietary intake.
- 84%** now practice daily physical activity.
- 75%** practice better food resource management.
- 75%** have improved their food safety habits.

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, **69** 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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Robeson County
EFNEP programs obtained

\$28,480

in funding and support
from local efforts.

EFNEP SUCCESS



Students Learn to Make Healthy Choices, Reduce Portion Sizes

Students at the Methodist Home for Children participated in EFNEP's Teen Cuisine lessons. Over the course of weeks, youth learned about portion sizes, the importance of label reading, and reducing sugar and sodium. Students were able to apply the lessons in their everyday routine. As a group, they would read and tell the EFNEP Educator what each section of the food label means. They stated that they started making healthier snack choices and cutting back on asking for seconds. One student had lost a total of three pounds over the course of the program by making small changes in portions eaten and food choices.



Combating Food Insecurity, EFNEP Provides A Solution

Robeson County is a county that has to grapple with the fact that food insecurity is a very real circumstance that impacts the county's limited-resource and low-income families. In partnership with Grace Court, a transitional living facility through Robeson Health Care Corporation, EFNEP was able to cultivate a partnership that resulted in a 10-week adult nutrition education series that focused on reducing food insecurity, improving dietary intake, and increasing physical activity.

At the start of the series, one of the participants expressed that "Grocery shopping for her small children was tough because since she lived on a limited income, it was important to make sure that her food dollars stretched until the next group shopping trip." She further told the EFNEP Educator that sometimes it was "easier to just buy snacks and sugary foods because it was more affordable." The participant stated that "she would have considered more vegetables but did not know what to do with them." In response to the concerns of the participant, the EFNEP Educator provided recipes that showed how to incorporate more fruits and vegetables and required minimal preparation.

Additionally, the educator shared how cost effective it could be to prepare the meals that were taught in the class, and even shared supplemental materials that helped the participant find the best sales at stores near her. Furthermore, the EFNEP Educator taught the participant how to understand the unit price to assure that she was getting the best value for her groceries. As a result, the participant was able to use the skills that she had learned during the classes to expand not only her pantry, but her family's palates as well by making an effort to prepare some of the meals she had been taught through EFNEP at home. She said, "I am getting more for my money now that I am taking my time to read the price labels."

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