

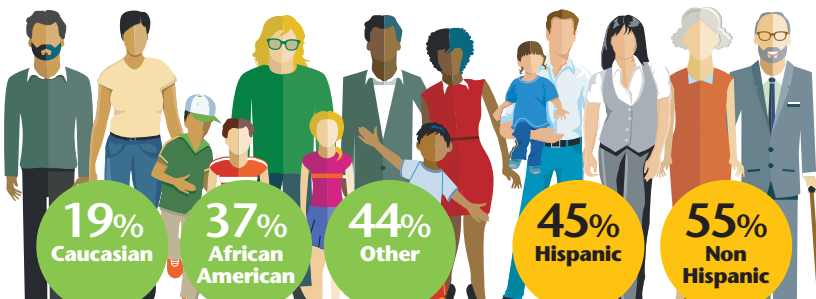
NC Cooperative Extension 2019 REPORT

Sampson 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 Sampson County

In 2019: **109** families enrolled in EFNEP **429** participated in 4-H EFNEP
50% of EFNEP participants enrolled in one or more food assistance programs.

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:

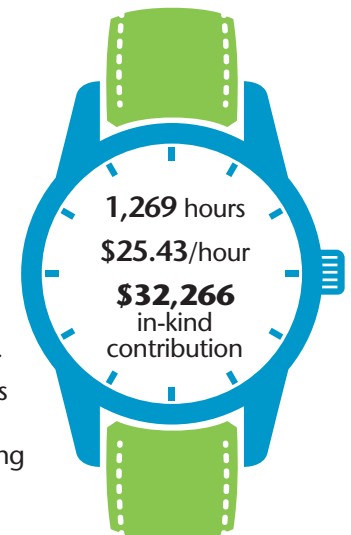
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Sampson County

- 96%** of EFNEP participants improved dietary intake.
- 91%** now practice daily physical activity.
- 82%** practice better food resource management.
- 95%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2019, **31** 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 Sampson County Report

Sampson County
EFNEP programs obtained

\$17,762

in funding and support
from local efforts.

EFNEP SUCCESS

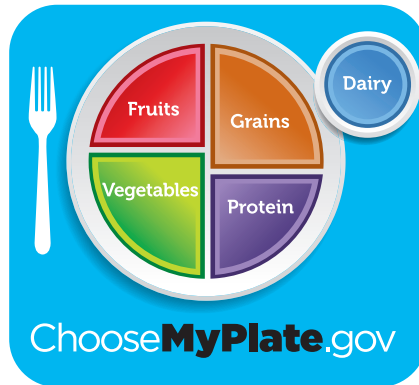


Students Learn How to Use MyPlate for Good Nutrition

EFNEP lessons were taught to Union Elementary students. At the beginning of the sessions, many students did not know about MyPlate. They struggled with knowing what foods belonged to each food group. Most students could not identify certain foods because they had never seen or tasted them.

Recognizing the importance of understanding how to identify foods from each of the food groups in choosing foods that improve overall health, the EFNEP Educator included many opportunities to learn about a variety of foods in the nutrition education sessions. The educator used MyPlate posters, food models and other props to help students identify a variety of foods and learn how to choose foods from each food group.

As the sessions continued, the students began to grasp the concept. They were able to name the foods and place them in the correct groups. They were even able to do a hands-on activity where they created their own plates (breakfast, lunch or dinner) using the principles learned through the sessions. By the end of the sessions, students were much more confident with MyPlate. Some stated that they shared the information with their parents.



Weight Loss Group Reaches Out to EFNEP Educator for Help

Ten women from a local church decided to come together once a month to discuss ways they could lose weight. After about three months, they were disappointed because they had little or no success. The leader of the group called the EFNEP Educator to ask for assistance with their program. The educator explained that EFNEP is not a weight loss program, but some participants have lost weight as a result of doing what was taught during the classes. The educator met with the group to plan a series of lessons.

The “Smart-Size Your Portions” lesson was a real eye opener for participants. They quickly realized that they were eating portion sizes that were too large. The lesson taught them quick and easy ways to measure their portions to ensure that they did not overeat.

The educator also taught them how to incorporate physical activity into their daily routines. While many of them gathered at the church to walk as a group, they were not doing much physical activity at home. The educator explained how they could break up their physical activity into 10-minute increments (throughout the day) to equal 30 minutes a day in addition to their walking group.

The educator also explained how the EFNEP recipes were low cost, healthy and could be prepared in about 30 minutes. She showed them how easily the recipes could be prepared and challenged them to make them at home.

By the end of the classes, participants were confident that they could meet their weight loss goals. They stated that they felt healthier and had the skills and knowledge to continue on their weight loss journey.

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