

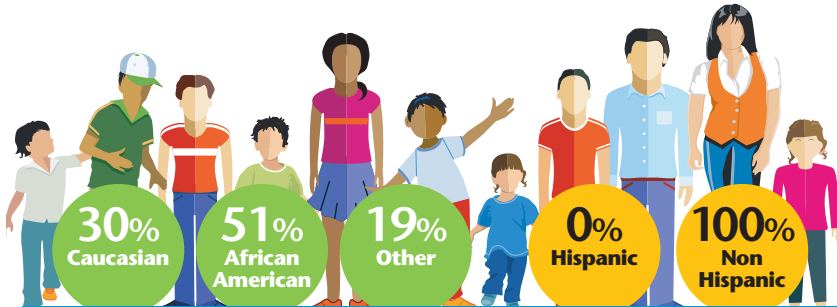
# NC Cooperative Extension 2019 REPORT

## Scotland 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 Scotland County

In 2019: **1,003** youth participated in 4-H EFNEP in Scotland 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 Scotland County

- 89%** of EFNEP participants improved dietary intake.
- 55%** now practice daily physical activity.
- 53%** practice better food resource management.
- 59%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2019, **37** 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 Scotland County Report

Scotland County  
EFNEP programs obtained

# \$11,122

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Youth Increase Healthy Foods, Healthy Snacks

The Dietary Guidelines for Americans recommends that eating a variety of foods will help provide the different nutrients that are vital for the health and maintenance of your body. However, getting kids to try different foods can be challenging.

Through collaborative efforts of the Cooperative Extension, Scotland County Center's Expanded Food and Nutrition Education Program (EFNEP) and Scotland County Schools, students were given a healthy snack during weekly EFNEP programming. Each week, the snack centered on a food represented in the food group they were studying. EFNEP worked with 127 first graders and they were all asked to try a snack consisting of a new food or a familiar food prepared a different way than they had tried in the past.

Students were asked if they liked the snacks, and 95% reported liking the snacks. Recipes were sent home so students could prepare the healthy snack at home. The class discussed ways they could add a variety of foods daily by choosing food from all the food groups and by asking their parents to buy different foods so they can try them at home.



### Youth Learn Healthy Strategies through EFNEP

The Scotland County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with Scotland County schools to offer a series of nutrition education classes to all children in kindergarten through third grade. The EFNEP Educator used the curriculum appropriate for each grade level to educate the children on the importance of eating smart and moving more. The children were introduced to MyPlate and encouraged to use it as a guide for eating healthy. Each grade level in the program completed six lessons, each focusing on a different food group and physical activity.

Because of the EFNEP curriculum being taught in Scotland County, 90% of the youth improved their abilities to choose foods according to Dietary Recommendations. Because the EFNEP curriculum is being taught in Scotland County, children are being educated and given the knowledge to make healthier food choices. Making those choices will help reduce the high rate of obesity among area youth and promote a better quality of life.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

