

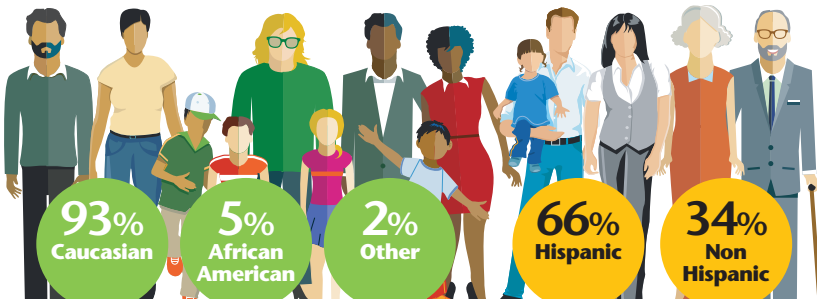
NC Cooperative Extension 2019 REPORT

Surry 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 Surry County

In 2019: **161** families enrolled in EFNEP **292** participated in 4-H EFNEP


67% 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 Surry County

 **95%** of EFNEP participants improved dietary intake.

 **72%** now practice daily physical activity.

 **78%** practice better food resource management.

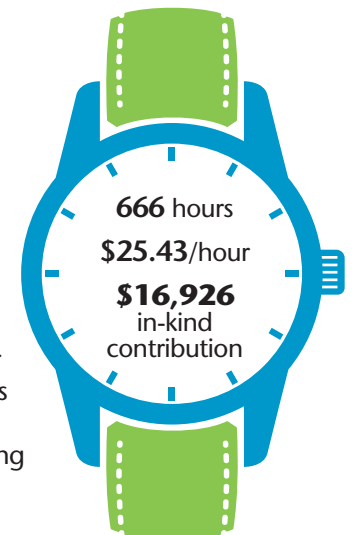
 **70%** have improved their food safety habits.

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, **40** 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 Surry County Report

Surry County
EFNEP programs obtained

\$7,504

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Helps Participant Meet Weight Loss Goal

A participant of the Expanded Food and Nutrition Education Program (EFNEP) who was pre-diabetic was able to lose 10 pounds and improve her condition. During her participation in EFNEP's *Families Eating Smart and Moving More* program, she learned, in the "Choosing to Move More Throughout the Day" lesson, the importance of being active at least half an hour a day.

She started walking every day. She has been able to lose 10 pounds and improve her condition. Her good example has motivated her husband to increase his physical activity. They both report feeling better and having more energy. They thanked EFNEP for giving them the motivation they needed to be more active. This participant's success as a result of what she learned through EFNEP helped her improve and manage her health and her husband's health as well.



EFNEP Helps Participant Make Small Change and Lose 20 Pounds

Surry County Cooperative Extension partnered with the Surry Health and Nutrition Center to deliver EFNEP's *Families Eating Smart and Moving More* program to mothers with young children. As a result of attending this program, one participant stopped drinking soft drinks and lost 20 pounds.

The EFNEP Educator focused her lessons on the importance of eating well-balanced meals using MyPlate as a guide. Participants practiced making their own plates using a variety of food models. They were able to visualize how much they needed to eat and what their plates should look like. Additionally, participants were given a walking video to encourage physical activity indoors. Other lessons stressed the importance of drinking less sugary beverages.

As a result, the participant expressed how beneficial the program has been for her. Lessons such as "Shop for Value, Check the Facts" and "Making Smart Drink Choices" helped her to see the amount of sugar and calories in soft drinks and other foods. She has been able to stop drinking soft drinks and instead drinks water. This one change in her diet has helped her lose 20 pounds and to control her blood sugar.

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