



NC Cooperative Extension 2019 REPORT

Vance 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 Vance County

In 2019: **34** youth participated in 4-H EFNEP in Vance 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

Volunteers Strengthen EFNEP

In 2019, **2** 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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Vance County
EFNEP programs obtained

\$14,630

in funding and support
from local efforts.

EFNEP SUCCESS



Teens Learn Valuable Life Skills Through EFNEP

The EFNEP Educator partnered with “Teens Fit for Life,” sponsored by The Vance County Triangle North Healthcare Foundation, to establish a series of seven EFNEP classes for 20 teen participants using the *Teen Cuisine* curriculum. The EFNEP Educator worked with two teen mentors to encourage their peers to make healthier meal choices and to encourage participants to make more meals at home. The participants explored the concepts of MyPlate, physical activity/dance, as well as personal health practices to aid prevention of chronic diseases and obesity. The EFNEP Educator also provided a “Food Challenge” at the end of the series. The teens were given a MyPlate basket and had to create a healthy meal for a family of four.

The facilitators reported that the teen participants looked forward to each of the bi-weekly classes. The EFNEP Educator has had several teens state, “I told my mom to buy more bright greens to add more nutritional value to our salads.” One teen shared that her family cooks more at home, which has helped her save money for graduation and lose five pounds. This is an example of how EFNEP classes can alter thinking and patterns of the participants involved to improve the health and teen obesity rates in the community.

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