

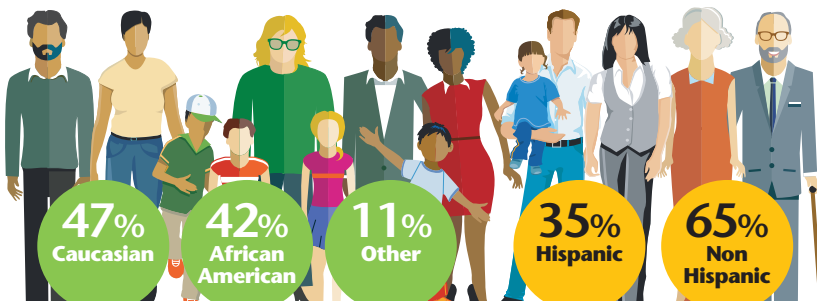
NC Cooperative Extension 2019 REPORT

North Carolina

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



North Carolina EFNEP Reaches Diverse Audiences In 2019:

2,676 families enrolled in EFNEP **17,563** participated in 4-H EFNEP

78% 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:

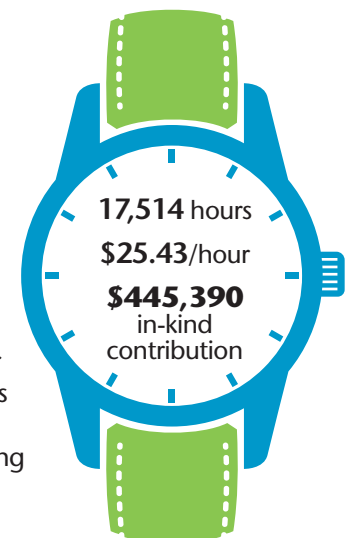
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference

- 96%** of EFNEP participants improved dietary intake.
- 86%** now practice daily physical activity.
- 88%** practice better food resource management.
- 89%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2019, **1,379** 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 North Carolina Annual Report

North Carolina EFNEP programs obtained over

\$794,276

in funding and support from local efforts.

EFNEP SUCCESS



Grandparent Raising Grandchildren Sees Important Health Benefits

Pasquotank County statistics from 2014–2017 show that grandparents have an estimated 50% of their minor grandchildren living with them. They are responsible for the care and meal planning for their grandchildren and many of them also have to contend with the fact that they have diabetes. To address this need, EFNEP partnered with the Albermarle Hospital Foundation Community Care Clinic to deliver a series of nutrition education classes to seven participants of the Minority Diabetes Prevention Program (MDPP).

A review of the participants' pre-series 24-hour food recall showed a high intake of sugary beverages and processed foods. Throughout the series, the EFNEP Educator helped participants learn how to make healthy choices by reading the food label, preparing more meals at home, and paying attention to serving sizes. MDPP provided the participants with essential equipment to monitor their diabetes.

One participant stated that "Learning to make a complete meal from what you have on hand and have it taste good is important." She also shared that her grandchildren asked if it's okay to have popcorn instead of chips and cookies and that her family's vegetable consumption has increased because they replaced some of their unhealthier food choices with vegetables. "Being able to prepare my meals again, I can see what helps with my diabetes and by being active with the kids I have lost weight, my A1C has gone down from a 9.5 to a 5.9, I don't have to take my pills any longer and I am grateful for both of these programs."



Fix It Safe for a Healthy Family

Participants in an EFNEP worksite program learned different ways to prepare, cook and store food correctly. They were shocked to learn how fast bacteria actually grow. The participants stated that they had always left meat out on the counter to thaw, but because of what they learned, they would now thaw their meat in the refrigerator, a safe method to prevent harmful bacteria growth.

Additionally, participants stated that prior to EFNEP they simply looked at the appearance of their meat to see if it was done. They had never used a food thermometer. As a result of EFNEP, they now use a food thermometer to check that their meat has reached a safe internal temperature.

Foodborne pathogens resulting from improper handling, cooking, or storage result in illness, hospitalization, and in some cases even death. For the employer, the loss in productivity due to employee absences also becomes a financial concern. By making these few changes, this group of employees will help to keep food safe to eat for themselves and their families. By supporting EFNEP classes with their employees, this plant is promoting a healthier workforce.

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EFNEP Partners with Parks and Recreation to Help Special Needs Youth

EFNEP partnered with the Parks and Recreation Department to hold a summer camp. This camp was specifically for children with special needs. One participant, who wears knee braces was especially interested in learning how to be more active. The EFNEP Educator expressed to the youth that there are many ways to be more physically active, but what is most important is to just get moving! She gave the participants examples and challenged them to become more active every week.

The participant started walking every afternoon to help build the strength in his knees. After the series ended, staff reported that the participant was able to play tag with other youth in the gym. This was the first time he was named the "tagger." Staff further stated the following, "The smile on his face was priceless when he tagged his first person."



Broad Community Center and EFNEP

After three months of EFNEP classes, members of the Broad Community Center felt empowered to prepare healthy and affordable recipes on their own. Forty-four participants learned how to stretch food dollars, increase physical activity, and how to prepare healthy affordable meals. EFNEP's Pre and Post Evaluations were used to evaluate the group's success. Participants saved an average of \$51.40 on their monthly grocery bill. 76% of participating families made positive changes and became more physically active. Participants expressed that they are more confident in the kitchen and pre and post food recalls showed that they now eat 69% more fruits and vegetables than before.



EFNEP's Table for Two Helps Young Mom Have a Healthy Pregnancy

According to the Centers for Disease Control, 847 babies died in North Carolina in 2017. Sixty-one of those deaths occurred in Guilford County. Low birth weight is the leading cause of infant mortality in Guilford County.

To address this serious issue, the EFNEP Educator in Guilford County formed a collaboration with Nurse Family Partnership, a home visitation program for first-time mothers. The Educator uses the curriculum Table for Two to work with the mothers and teach them how to make healthier choices for their growing family. Because of this partnership 100% of mothers enrolled in EFNEP's Table for Two have initiated breastfeeding and delivered normal birth weight babies.

One mother formed a particularly strong bond with the EFNEP Educator. She walked with the Educator after each class to increase her exercise and prepared all the recipes she learned in class. When grocery shopping the mother would text the Educator if she had questions about food labels. The mother delivered a healthy baby girl, initiated breastfeeding and after graduation from the program, continues to reach out to the Educator for support.



United States Department of Agriculture
National Institute of Food and Agriculture

