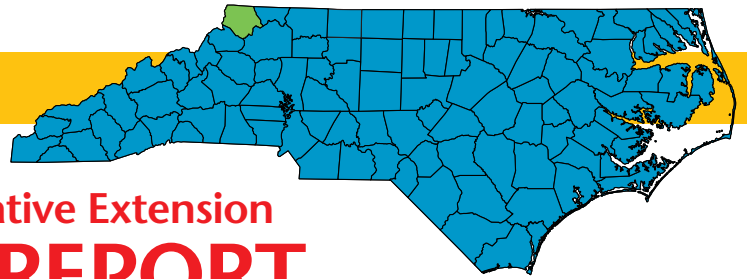




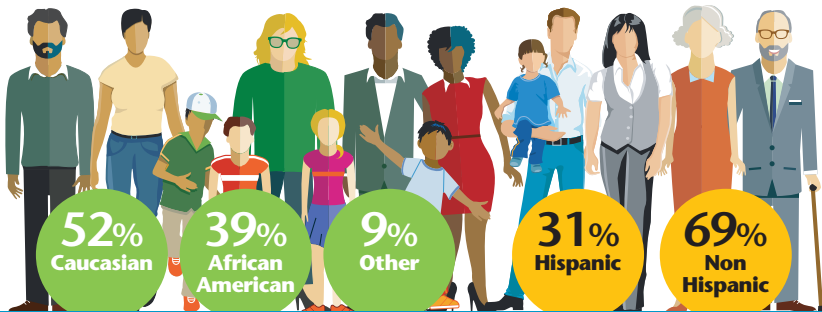
NC Cooperative Extension 2020 REPORT



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 2020:

2,053 families enrolled in EFNEP **10,731** participated in 4-H EFNEP

85% 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 2020, 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

92% of EFNEP participants improved dietary intake.

51% now practice daily physical activity.

90% practice better food resource management.

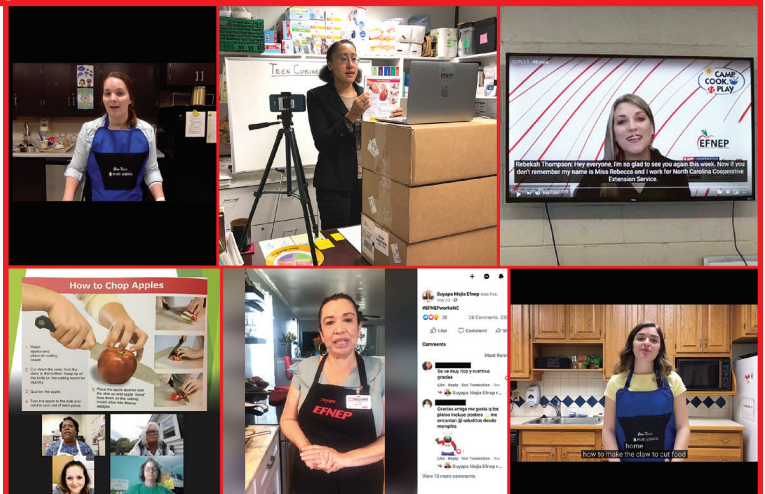
91% have improved their food safety habits.

EFNEP Adapts to Reach Participants During the COVID-19 Pandemic

A collaboration between NC State's SNAP-Ed/Steps to Health, Local Foods and EFNEP resulted in **102,000** families receiving nutrition and food safety information through **264** emergency food distribution sites across the state.

3,177 low-income families and youth participated in the program using live remote and pre-recorded online lessons.

65,140 individuals viewed nutrition information via EFNEP state and county social media pages.



2020 NC Cooperative Extension Ashe County Report

In Ashe County, **640** individuals were reached through direct programming. An additional **2,769** low-income individuals were reached through supplemental outreach efforts.

Ashe County EFNEP programs obtained in funding and support from local efforts.

\$2,000

EFNEP SUCCESS



Staying Engaged with Youth through COVID-19 Crisis

There is still a need for nutrition education through the COVID-19 crisis. The Expanded Food and Nutrition Education Program, EFNEP, had to find ways to continue education programming with youth at home. EFNEP's mission is to teach youth and families about the benefits for behavior changes, i.e. (eat a variety of fruits and vegetables, consume less sugar and get one hour of physical activity), that improve their health and overall quality of life.

The EFNEP educator in Ashe County wanted to complete classes in one elementary school after the students were sent home due to COVID-19. Two lessons had already been delivered at the school so the students needed four more lessons to complete the second grade "Food Group Express." The decision was made to make videos of the lessons, something that she had never tried before at the beginning of the crisis. The educator was very excited to see that even though she had not tried teaching through this medium, she was getting through to the students. She also made videos of making quick healthy snacks at home with the food that was already available at home.

"Making a Smoothie with Miss Rhonda" turned out to be a hit with the students. A parent shared a picture of her daughter watching the video. How surprised everyone was to find that it had been shared to Instagram, and NIFA (National Institute of Food and Agriculture) had found it on a tweet. NIFA asked Miss Rhonda to write about why she made the video and the response of the students. The article included a link to the Ashe County NCCE website and to the video on YouTube receiving many views which helped the community know that EFNEP through NCCE is continuing to stay engaged with families' in inventive fun ways that helps them stay focused on their health and overall wellbeing.



Sixth Graders Stay Focused on Health Education through EFNEP

During the COVID Pandemic students and teachers were scrambling to find ways to continue education for students. Through collaborative efforts with Ashe County Schools and NCCE Ashe County Center's, Expanded Food and Nutrition Program, EFNEP, education continued at home for both students and teachers. The EFNEP Educator continued to stay engaged with all teachers whose classrooms were or had been enrolled in EFNEP classes, sending teachers approved education materials about nutrition so they could share with the students. Two sixth-grade classrooms that were enrolled in EFNEP before the crisis had two face to face lessons. The teacher who was very familiar with EFNEP programming decided to continue challenging her students to embrace making healthier decisions. She developed a spreadsheet designed for students to pick a goal each week as they did during EFNEP programming, i.e., choose whole grains, eat more fruits and vegetables, rethink my drink, be active my way, etc. Students were assigned to read the nutrition facts labels at home and locate foods with fewer than 200 calories per serving, fewer than eight grams of fat, and foods that contained a high percent value of calcium and vitamin C.

32 students reported each week the progress they made on the challenges they chose. Students made videos about their physical activities and sent pictures of the food labels they were reporting about and shared with the EFNEP Educator. 100% of the students reported they were gradually making healthier choices and shared that they felt proud of their accomplishments. All students expressed that they would continue challenging themselves to make better health decisions in the future understanding that these behavior changes reduced the likelihood of developing chronic diseases like type 2 diabetes, heart disease, high blood pressure and certain types of cancer.

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.

