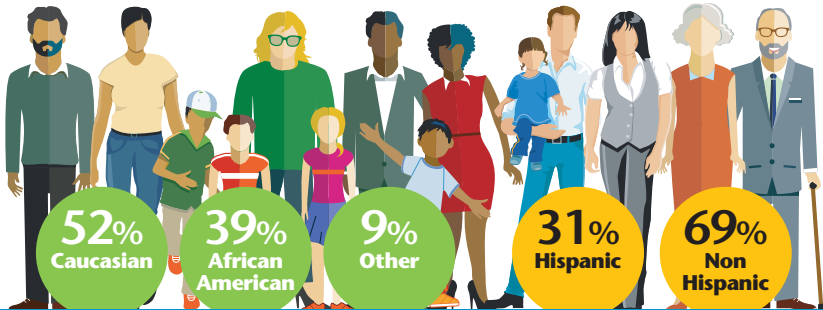


# NC Cooperative Extension 2020 REPORT

## 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

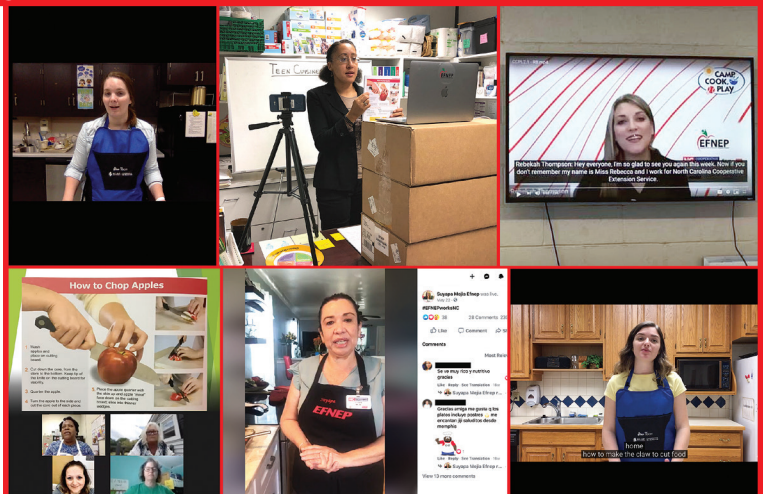
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

## 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 Columbus County Report

In Columbus County, **818** individuals were reached through direct programming. An additional **14,806** low-income individuals were reached through supplemental outreach efforts.

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

# \$17,160

## EFNEP SUCCESS

### EFNEP Helps Newly Food Insecure Families with Food Resource Information

Since the start of COVID-19, many families who have never used food assistance and/or food distribution programs have found themselves seeking additional help to make ends meet. While there are a number of different resources available in the county, many of these families simply didn't know where to go. After receiving several calls to the Extension Office, the EFNEP Educator felt the need to put together a resource list of distribution sites to help these families in need know where to access food. She then reached out to her partners with the Whiteville City and Columbus County Schools because they were distributing free meals to children due to school closures. She was able to provide additional information on where families could get the food they needed.

The Educator also created several videos that included information about food distribution site locations, hours of operation, and what each site provided. The videos also included listings of portable hand washing stations throughout the county and healthy recipes were demonstrated. She also demonstrated the proper way to wash your hands using the portable station. Families were extremely responsive to the information and videos. The videos reached 5,149 Columbus County families.

### Adopting Regular Activity Helps Youth Cope with Loss, Anxiety, and Stress

EFNEP partnered with the guidance counselor at Acme Delco Elementary School to provide nutrition education classes. The counselor wanted students to learn more about the direct link between nutrition and health. He also wanted to help his students feel good about themselves and asked the educator to provide some tips/strategies on how to have a healthy body image.

The educator provided classes on healthy eating, physical activity, having a positive outlook on life and healthy body image. Many students had never thought about these concepts interlinking. She also talked about the importance of getting enough sleep, having friends, and taking time for themselves everyday by moving their bodies to help them reach a healthier self.

One of the students shared her experience with the EFNEP educator one day after class. She recently had an uncle who passed away. She viewed him as a hero. She was having a hard time coping with his death. She lashed out at others in her class, and at times, picked arguments with the other girls. She knew that it was not the right thing to do, but she didn't know how to handle it.

She let the educator know that she learned so much from the classes about using exercise as a way to reduce feelings of loss, anxiety, and stress when she thought about her uncle. She also learned about meditation from her guidance counselor to help her relax. She was excited to report that she is now more motivated to stay active than she's ever been. She wants to be the healthiest person she can be.

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