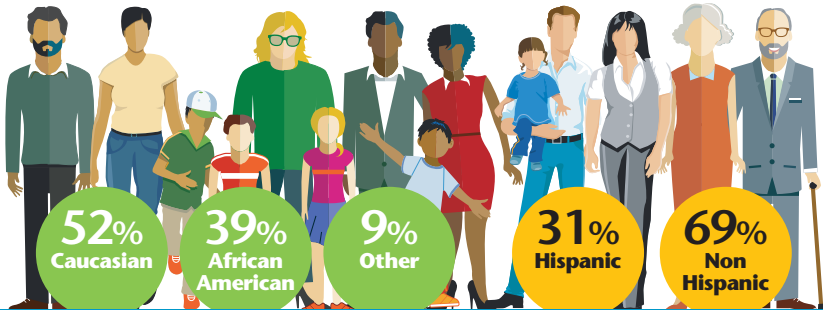


# NC Cooperative Extension 2020 REPORT

## 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

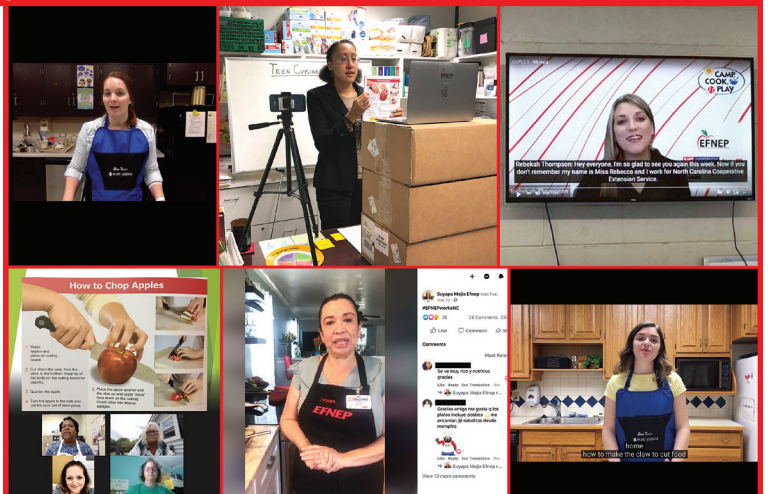
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

## 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 Johnston County Report

In Johnston County, **104** individuals were reached through direct programming. An additional **63** low-income individuals were reached through supplemental outreach efforts.

Johnston County EFNEP programs obtained **\$17,192** in funding and support from local efforts.

## EFNEP SUCCESS



### Using EFNEP's Recommendations, Mom Increases Children's Intake of Vegetables

EFNEP in Johnston County partnered with Community Action of Johnston-Lee-Harnett to bring nutrition education to Spanish-speaking families with children at Community Action's Head Start in Smithfield, North Carolina. Five parents enrolled and participated in a program series. Upon enrollment, one parent expressed the desire to help her family eat healthy. She mentioned she has diabetes and that she controlled her diabetes with healthy eating habits and exercise. However, she expressed concern that one of her children was struggling with maintaining a healthy weight and she found it difficult to make him eat the food she would make for herself. She hoped that with EFNEP she could learn ways to help her family, especially her children, eat healthy as a preventative measure against chronic diseases such as diabetes.

At the end of the program, participants were asked about the impact the program had on them and their families. The participant aforementioned stated that it was too soon to see a change in the health of her family, but that the program really made a difference in helping her find ways to make healthy foods more appealing to her family: *"My children's favorite right now is the Skillet Lasagna. They really like the taste of the dish, but what I love the most about the recipe is how I can incorporate different veggies into the lasagna. My children were at first skeptical, but after tasting it, they didn't hesitate to finish their plate."*



### EFNEP Helps Parents Make Healthy Choices

EFNEP partnered with Selma Elementary School's Parent-Teacher Community Organization (PTO) to bring nutrition education to Spanish-speaking families at the school. Five parents enrolled for the first group.

At the completion of the program, participants were asked about what impact the program had on them and their families. All five participants agreed that the lessons on how to read nutrition labels and how to make smart drink choices had the most impact on them. One participant stated, *"I always considered my food choices healthy. When we talked about how to read the nutrition labels, it helped me to better analyze what foods are better to eat. But when we did the lesson on smart drink choices, I was amazed at how easy it was to go over the added sugar recommendations, even with drinks I thought were healthy. As a result, I have started drinking more water and less of other drinks."*

Another participant in the same program commented that for her the lessons on the nutrition label and smart drink choices helped her understand how easy it was to miss hidden added sugars in foods: *"In general, I make sure that my children limit their intake of sweets. But with this program I have come to realize that foods and drinks that seem healthy, like yogurt and sports drinks, can have added sugar. One would think that those types of foods are healthy but now I see that they are not. I plan to be more careful when it comes to those foods as well. I actually do not plan on buying any more soft drinks to keep at home, either."*

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