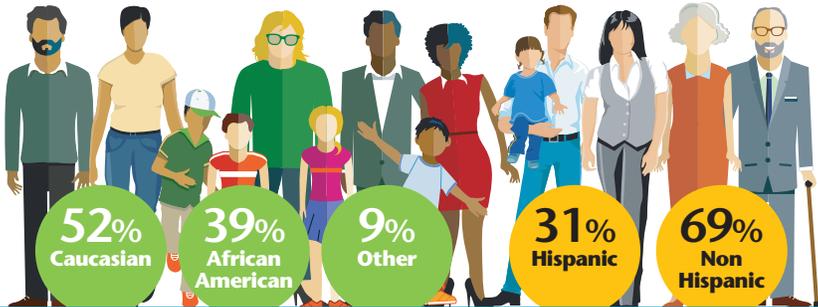


# NC Cooperative Extension 2020 REPORT

## 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 Martin County Report

In Martin County, **286** individuals were reached through direct programming. An additional **4,130** low-income individuals were reached through supplemental outreach efforts.

Martin County EFNEP programs obtained **\$18,500** in funding and support from local efforts.

## EFNEP SUCCESS



## Decreasing Chronic Disease in Martin County

According to the Martin County Health Report, the leading causes of death between 2011–2015 were Heart Disease, Cerebrovascular Disease, and Cancer. The Dietary Guidelines state that eating a diet rich in fruits and vegetables can help protect against many serious and costly chronic diseases, including heart disease, type 2 diabetes, and some cancers.

To encourage youth and their families to consume more fruits and vegetables as well as increase physical activity, the EFNEP Educator in Martin County collaborated with Rogers Elementary school. The EFNEP Educator taught youth creative and budget-friendly recipes using fruits and vegetables. The participants were also given recipe books and newsletters to take home to their families to encourage balanced meals at home.

At the end of the class, students were given a post-test to gauge what they have learned. Each student in the class answered all six questions correctly. These results indicate that these students can choose healthy snacks (Fruits and Vegetables) versus snacks with little nutritional value (Fast Food). The results also showed that the students learned ways to increase their level of activity and to wash their hands before eating. These behavior changes result in a healthier and higher quality of life for the participants, reducing their chances of developing chronic diseases.

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