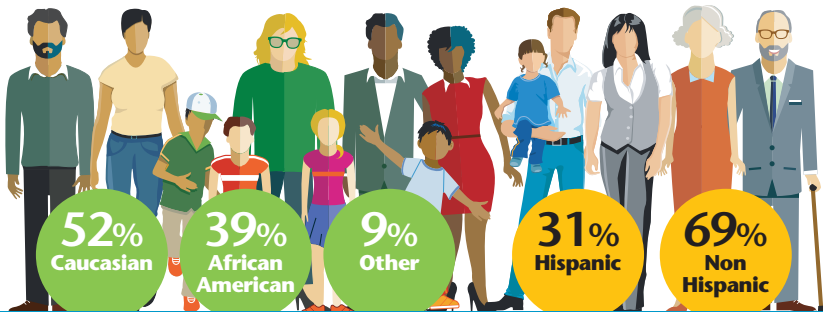


NC Cooperative Extension 2020 REPORT

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

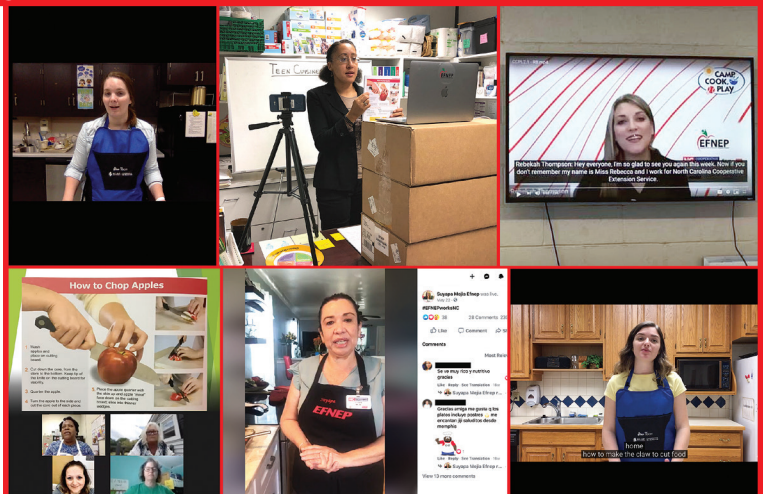
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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.

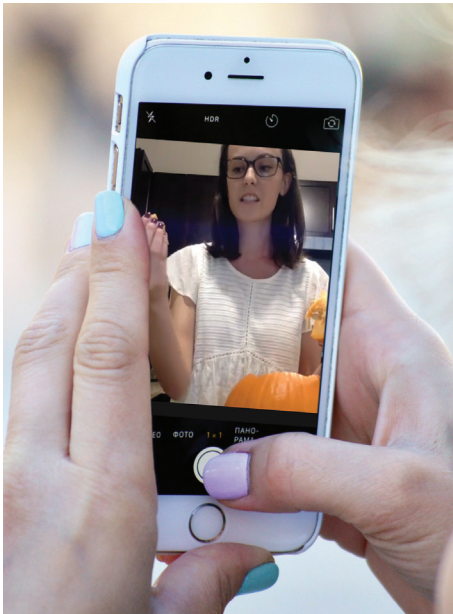


2020 NC Cooperative Extension Pitt County Report

In Pitt County, **602** individuals were reached through direct programming. An additional **44** low-income individuals were reached through supplemental outreach efforts.

Pitt County EFNEP programs obtained **\$17,446** in funding and support from local efforts.

EFNEP SUCCESS



Connecting with Parents to Help Youth

The most recent NHANES data shows that 27% of youth ages 10–17 in Pitt County are overweight or obese. Nutrition education is critical to help youth gain the knowledge and skills to help them make healthy choices to improve their health now and in the future.

The EFNEP Educator partners with elementary schools in the county to deliver nutrition education to youth in each grade level. When schools closed in March as a result of COVID-19, the EFNEP series with five first-grade classrooms were put on hold. Knowing nutrition education is critical, the EFNEP educator decided to engage students' parents through social media by providing healthy recipes as well as food safety tips. The engagement by the parents demonstrated the value of the information they learned from the posts with over 830 views and contacts during a two-month period.

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