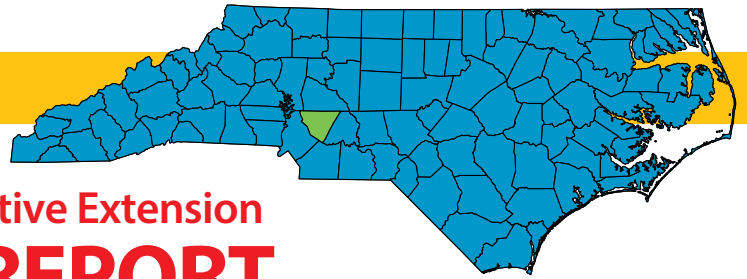




NC Cooperative Extension 2021 REPORT

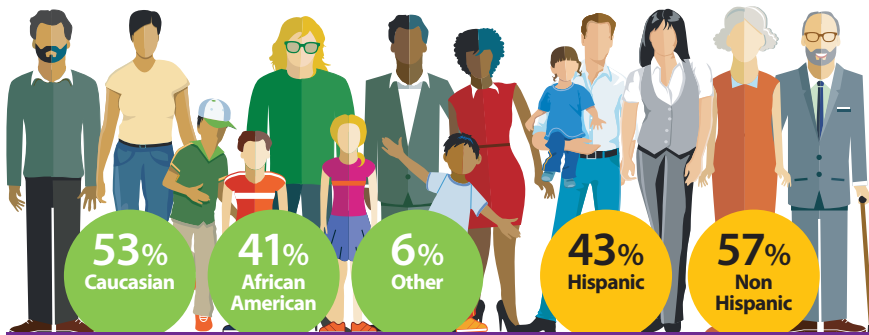


North Carolina

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 2021:

1,233 families enrolled in EFNEP.

9,032 youth participated in 4-H EFNEP.

84% of EFNEP participants were enrolled in one or more food assistance programs.

North Carolina EFNEP programs obtained over **\$808,383** in funding and support from local efforts.

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 2021, EFNEP served 42 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

- 97%** of EFNEP participants improved dietary intake.
- 85%** now practice daily physical activity.
- 96%** practice better food resource management.
- 91%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2021, **900** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2021 NC Cooperative Extension Cabarrus County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Cabarrus County, 229 individuals were reached through direct programming.

Cabarrus County EFNEP programs obtained **\$20,805** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Continues to Influence Youth During the Pandemic

According to the State of Childhood Obesity Data website, 16.1% of youth ages 10 to 17 in North Carolina are obese, ranking our state the 18th most obese for this age group. The EFNEP educator in Cabarrus County is passionate about reducing this burden among youth in her community. She often has youth report to her that they choose mostly empty calorie foods over nutrient-dense foods. Sadly, many start their day eating foods high in added sugars or skipping breakfast altogether.

The EFNEP educator works diligently to educate students about their diets and encourages them to make healthy incremental changes. She also encourages them to become more physically active by demonstrating simple and fun exercises. The educator is gifted at teaching the curriculum in a way that keeps participants interested and engaged. As a result, **94% of the youth who participated in Cabarrus County EFNEP classes this year reported an improvement in their ability to choose healthier foods.** This illustrates that despite the challenges caused by the pandemic, EFNEP has continued to influence the health of Cabarrus County youth!



EFNEP Partners with Boys and Girls Club of Cabarrus County

Cabarrus County EFNEP was invited to partner with the Boys and Girls Club of Cabarrus County to offer nutrition education lessons. Since the mission of the Boys and Girls Club includes a focus on health, the partnership with EFNEP allowed the club to emphasize the importance of healthy eating

and physical activity — topics often not taught in the home. With an epidemic of overweight and obese children, EFNEP teaches youth skills to combat this trend while giving youth confidence in the kitchen and motivating them to live healthier lives.

The youth participants from the Boys and Girls Club of Cabarrus County were excited to have the EFNEP educator visit their program. They enjoyed learning to measure their heart rate and feeling it increase when they participated in physical activity. One participant was ecstatic to report that he had participated in an obstacle course earlier in the morning. He said, **“We had to run, and I could feel my heart beating faster, just like when we ran in place and talked about exercise as a part of being healthy!”** EFNEP teaches youth practical skills they can implement throughout their lives to achieve health.

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