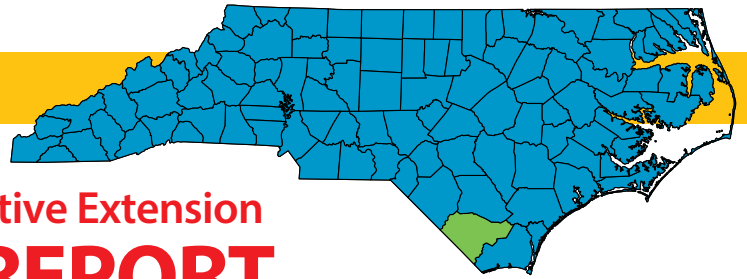




NC Cooperative Extension 2021 REPORT

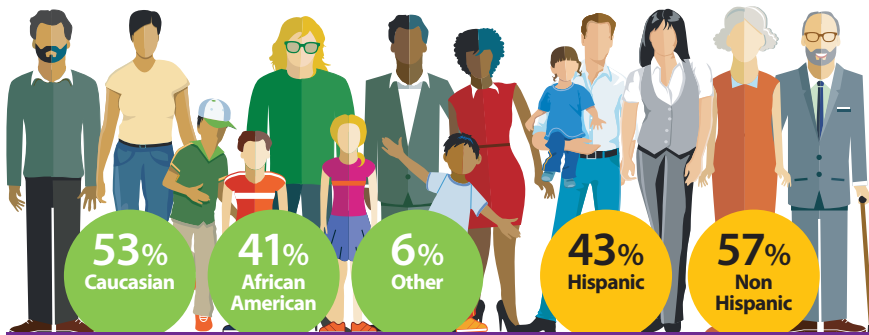


North Carolina

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 Columbus County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Columbus County, 1,176 individuals were reached through direct programming.

Columbus County EFNEP programs obtained **\$23,227** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Classes Continued Virtually in Pandemic

Throughout most of the pandemic and school closures, the Columbus County Nutrition Educator kept school partners engaged through email communications, social media, and videos. This engagement led to very positive results including providing EFNEP lessons to nine groups that previously started EFNEP lessons prior to the shutdown. This online education and information was essential for residents of Columbus County—one of the poorest counties in North Carolina. Lack of internet and connectivity issues as well as outdated laptops/tablets were just a few challenges for students in this very rural county. This made it hard for any education to occur. Through persistence and active engagement with teachers, the educator was able to continue providing nutrition education to students. Teachers were instrumental in getting workbooks, handouts, video links, and other needed materials to students at home to complete the EFNEP lessons.

While most research indicates that online classes are not as effective as in-person classes for students, EFNEP impacts and outcomes remain high. Of those enrolled in EFNEP, **95% improved their abilities to choose healthy foods, 82% used safe food handling practices, and 53% improved physical activity practices.** EFNEP is proof that even in a pandemic, the program is still very effective.



Strong Partnership Leads to Open Doors for EFNEP

Due to the pandemic, students missed valuable learning time in the classroom. As a result, a recent legislative bill required school districts to offer at least 150 hours of

in-person instruction over the summer. This instruction includes enrichment activities such as sports, music, and arts. EFNEP lessons fall in line with these goals and provide a great opportunity to enhance summer learning programs.

Due to a longstanding relationship between Columbus County Schools and EFNEP, nutrition education was offered to students



as part of the summer learning schedule. The nutrition educator worked with nine schools and served 800 students over the summer. This program allows for the continued education youth need to learn not only about the common subjects but also about crucial health and nutrition topics.

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