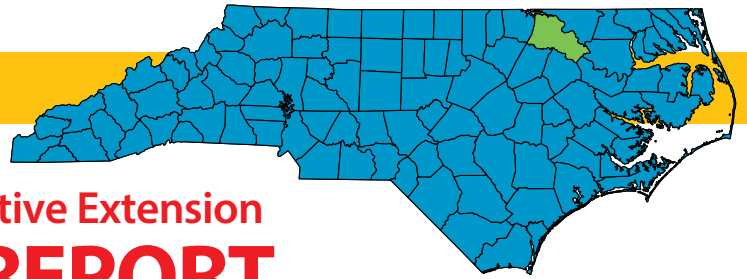




NC Cooperative Extension 2021 REPORT

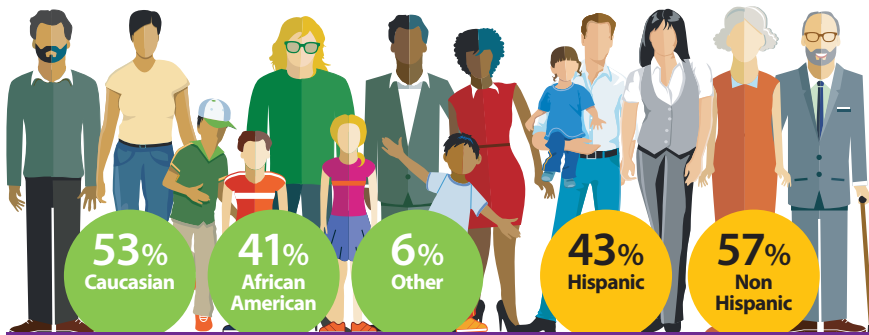


North Carolina

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 Halifax County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Halifax County, 538 individuals were reached through direct programming.

Halifax County EFNEP programs obtained **\$15,412** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Goes Virtual

Due to the COVID-19 pandemic, Scotland Neck Elementary Leadership Academy switched to remote learning. Since students lived in one of the more rural areas in Halifax County where internet access was unreliable, offering virtual programs was not feasible. Fortunately, students were able to return to in-person learning. However, the school was not yet allowing visitors. The EFNEP Educator didn't want to miss out on an opportunity so she reached out to the principal to inquire about offering virtual classes so she could join the classroom online.

The students and teachers were very active and responsive to the EFNEP classes. Students quickly raised their hands to answer questions about nutrition and physical activity and showed their excitement while learning. During the physical activity portion of the class, all students got up out of their seats to do the fun activities. The giggles and smiles proved the students were having a great time. The students were able to use the EFNEP workbooks provided at the beginning of the year, which helped them engage more during the virtual class. The teachers even reported they were able to include nutrition messages in their science lessons.

These students truly enjoyed the learning experience EFNEP provided and even reported trying new foods at home. The students retained key objectives from the previous lessons and were able to answer questions appropriately during the review time. **About 50% of students reported eating more vegetables and being more physically active at the end of the class.** Due to the EFNEP Educator's willingness to adjust the program, EFNEP was able to improve the health of many students in Halifax County in a virtual environment.



Physical Activity Is Fun and Games

The US Department of Health and Human Services recommends that youth be physically active for at least 60 minutes per day. EFNEP emphasizes the importance of physical activity for both youth and adults. Since the COVID-19 pandemic, physical activity has decreased for many. While children in Halifax County Schools were learning remotely, many were not getting enough physical activity.

During live virtual sessions with Halifax County students, the EFNEP Educator made sure to emphasize the importance of being physically active. Opportunities for the youth to engage in physical activities were provided during class as well as discussions on how to be active outside of class time. The educator also led discussions for the youth to identify activities that they enjoy and encouraged them to share ideas. The youth shared their favorite activities with one another, which also helped them give each other ideas on how to be active. Some of the youth stated that they had no idea that playing games like football, tag, and riding bikes counted as physical activity. The educator also taught the youth how to make their own physical activity schedules and encouraged them to track the amount of time they were active.

One fourth-grade student stated that he started tracking his physical activity and increased the number of days he was physically active from three to five days per week. He also reported that it was easy for him to increase and track his activity while he was having fun playing football and riding his bike. As a result of the youth EFNEP class in Halifax County, over 50% of the youth reported improving their physical activity behavior which could help decrease the risk of obesity and other chronic diseases.

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