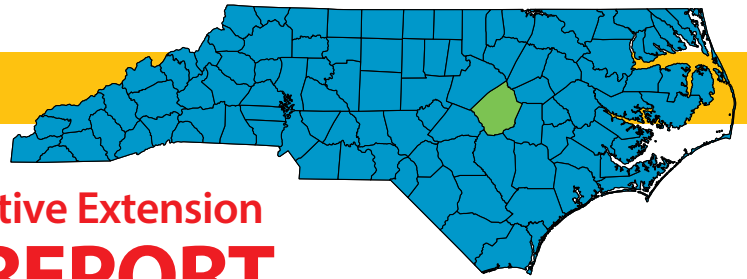




NC Cooperative Extension 2021 REPORT

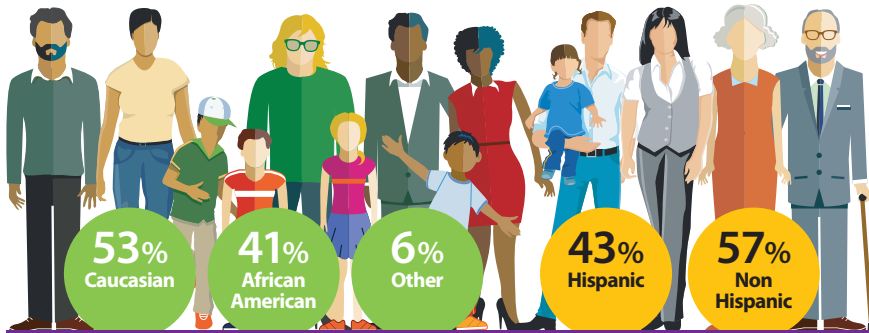


North Carolina

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 Johnston County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic.

Johnston County EFNEP programs obtained **\$21,046** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Addresses Concerns Addressed in Community Health Needs Assessment

According to the Johnston County Community Health Needs Assessment, local citizens shared that they struggled with not knowing how to find healthy food options or what to select as healthy food choices. What better way to address this challenge than educating youth on healthy choices.

In Johnston County, the EFNEP Educator partnered with an elementary school to provide hands-on activities teaching students about the MyPlate, food safety practices, and physical activity. Students explored these topics and developed the skills needed to make healthy choices. Each lesson provided opportunities for interactive, engaging, and hands-on learning to enhance the lesson objectives along with the opportunity to be active. Each week, students learned different types of physical activity that help build a healthy body.

At the end of the program, 91% of students reported improvement in their ability to choose healthy foods, 67% reported using safe food-handling practices more often, and 55% of students reported improving their physical activity practices. **Due to EFNEP, students in Johnston County are on the road to a healthier lifestyle.**

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