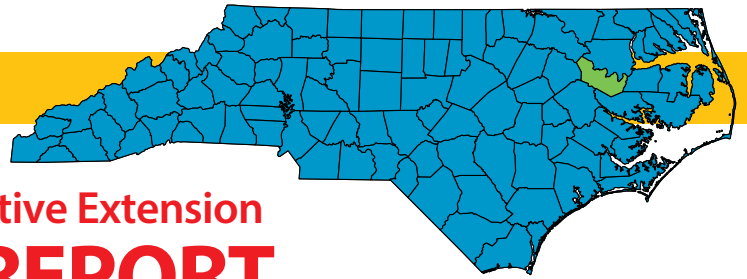




# NC Cooperative Extension 2021 REPORT

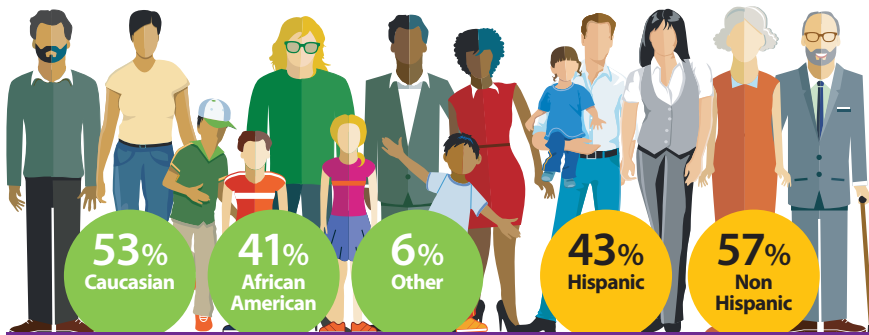


## North Carolina

### 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 Martin County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Martin County, 99 individuals were reached through direct programming.

## EFNEP SUCCESS



### EFNEP Partners with Local School to Teach Students to Make Healthy Food Choices

According to the Martin County Health Report, the leading causes of death between 2011 and 2015 were Heart Disease, Cerebrovascular Disease, and Cancer. The Dietary Guidelines state that eating a diet rich in fruits and vegetables can help protect against many serious and costly chronic diseases, including heart disease, type 2 diabetes, and some cancers.

To encourage youth and their families to consume more fruits and vegetables as well as increase physical activity, the EFNEP Educator in Martin County collaborated with a local elementary school. The EFNEP Educator taught youth creative and budget-friendly recipes using fruits and vegetables. The participants were also given recipe books and newsletters to take home to their families to encourage balanced meals at home.

At the end of the class, students were given a post-test to gauge what they have learned. The results indicate that these students can choose healthy snacks versus snacks with little nutritional value. The results also showed that the students learned ways to increase their level of activity and to wash their hands before eating. **These behavior changes result in a healthier and higher quality of life for the participants, reducing their chances of developing chronic diseases.**

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