

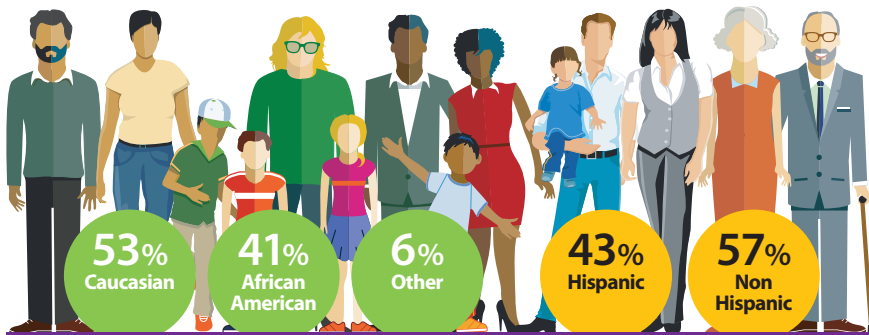
NC Cooperative Extension 2021 REPORT

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 McDowell County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In McDowell County, 278 individuals were reached through direct programming.

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

EFNEP SUCCESS



McDowell Educator Impacts Long-Term Health in Students

McDowell County EFNEP partnered with the health and physical education coach at a local middle school to deliver EFNEP nutrition lessons to every sixth grade class in the school. Several of the lessons involve learning how to read nutrition fact labels. The students learned to convert grams of sugar into teaspoons to better understand how much they are taking in daily. Students pulled their drinks and snacks out of their lunch bags to figure how many teaspoons of sugar they were consuming. Several students realized they needed to change their choices to something with less sugar.

After the class series, about 87% of students improved their ability to choose foods according to Federal Dietary

Recommendations. All students expressed that they would continue challenging themselves to make better health decisions in the future. They now understand that these behavior changes can reduce the likelihood of developing chronic diseases like type II diabetes, heart disease, high blood pressure and certain types of cancer.



Middle School Students Learn to Make Exercise Fun

The EFNEP Educator in McDowell County has always had great success in getting students to increase their daily physical activity. Part of her strategy is to share her physical activity plans and challenge them to be as active as her. This past year, she partnered with the health and physical education coach at West McDowell Middle school to deliver EFNEP nutrition lessons.

At the beginning of the classes, a physical activity challenge was issued and discussed. The students and instructors shared with the class the type of physical activity they had completed each week. The students did physical activity after each nutrition instruction.

The students increased their knowledge about different ways to move and be active. According to evaluations, **72% of the students improved their physical activity.** In order to increase physical activity among youth, especially during the pandemic, the educator demonstrated that anyone young and old can have fun being active!

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