

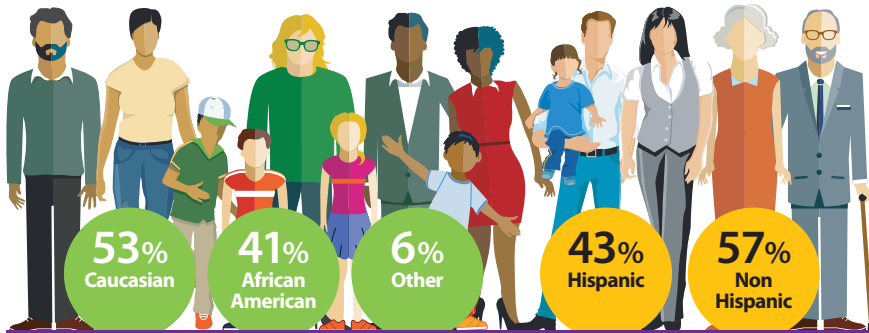
NC Cooperative Extension 2021 REPORT

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 Pitt County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Pitt County, 81 individuals were reached through direct programming.

Pitt County EFNEP programs obtained
\$19,295 in funding and support from local efforts.

EFNEP SUCCESS



Imaginative Solutions for Active Play

EFNEP is working on tackling the problem of physical inactivity starting with one spin, run, skate or bounce at a time. Movement in all forms is praised. EFNEP lessons include interactive content including “move more” activities. EFNEP educators must be creative in offering solutions for children who may lack resources, role models or safe spaces to be active.

The Pitt County EFNEP educator challenged her students to identify ways they could move their bodies for the recommended 60 minutes each day. When the children started sharing worries such as aggressive neighborhood dogs, lack of sidewalks and safety concerns, the educator told the kids that any movement counts and it all adds up. She encouraged the kids to consider their surroundings for opportunities. For example, if it isn't possible to go to a basketball court, using an inflatable ball and a large container will suffice. If a neighborhood doesn't have a playground to safely gather, using sidewalk chalk on a small patio to draw a hopscotch or four-square game is still active play.

One child was thrilled to learn that he didn't have to stick to more traditional exercises like push-ups or sit-ups to be active. **He proudly told the EFNEP educator that he rides his bike after school every day for more than an hour because it's fun.** This is a great example that intuitive movement is joyful and refreshing, not forced or imposed.

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