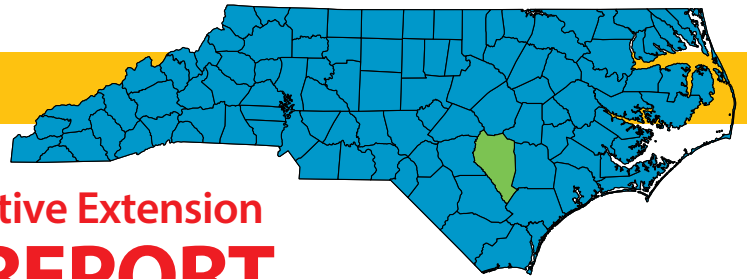




NC Cooperative Extension 2021 REPORT

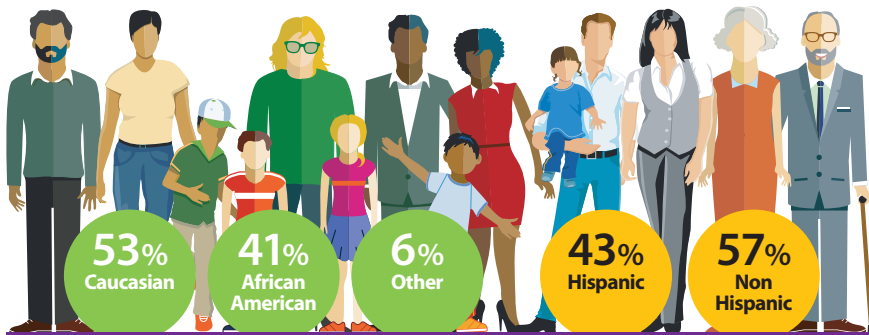


North Carolina

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 Sampson County Report

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

Sampson County EFNEP programs obtained **\$20,942** in funding and support from local efforts.

EFNEP SUCCESS



Partnership Project Encourages Teachers' Role as Health Role Models

Sampson County Expanded Food and Nutrition Education Program partnered with the East Coast Migrant Head Start Center to provide nutrition education classes to seasonal farmworkers and their families. This past year, during a quarterly meeting with Head Start administrators and program partners, the nutrition educator inquired about offering EFNEP classes to the teachers. Several teachers were in attendance and thought it would be a wonderful enhancement to the already successful partnership. They exchanged contact information and planned for a meeting. The meeting was so successful, it resulted in scheduling EFNEP classes for the Head Start teachers!

Eight teachers participated in the EFNEP series. Although it was a small class, they were so excited to learn more! During the introduction class, the educator could sense that the teachers were really eager to gain more information. Many of the teachers made statements about their desires to "do right" and improve their own health. They also wanted to be role models for the kids in their classrooms. You could see their wheels turning as they thought about how they would incorporate what they were learning into their classrooms.

Upon completion of the series, **program impacts indicated that all the teachers showed improvement in one or more diet quality indicators, physical activity behaviors and food safety practices.** They are well on their way to living and modeling healthier lifestyles!

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