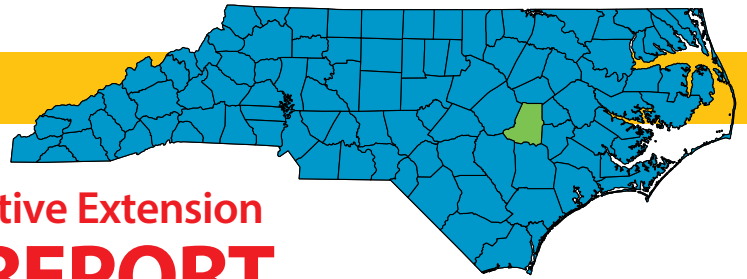




NC Cooperative Extension 2021 REPORT

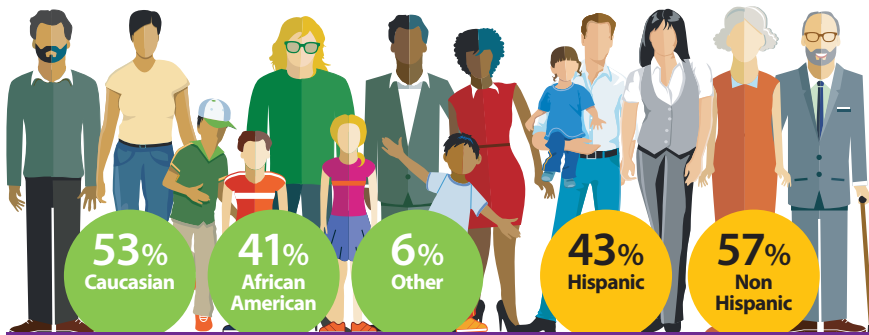


North Carolina

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 Wayne County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Wayne County, 49 individuals were reached through direct programming.

Wayne County EFNEP programs obtained
\$22,664 in funding and support from local efforts.

EFNEP SUCCESS

EFNEP Provides Tools to Help Participants Make Healthy Changes

According to the State of Wayne County Health Report for 2017, "in North Carolina, an estimated 2.5 million (one in three) may have prediabetes. Prediabetes is a condition whereby people have higher than normal blood glucose (sugar) levels, but not yet high enough to be diagnosed as diabetes. Without lifestyle changes to improve their health, 15% to 30% of people with prediabetes will develop type 2 diabetes within five years."

In an effort to combat this issue, Wayne County's EFNEP Nutrition Educator and 4-H Program Associate decided to deliver a virtual series of quick and easy meal sessions. During the sessions, families were shown how to make nutritious meals in 30 minutes or less. The meals were a combination of family meals, kid-friendly recipes (i.e., foods that youth could make on their own) with few ingredients and limited prep work.

Immediately after the first session, the educators received positive feedback on how the videos were easy to follow and would help families make changes. One person shared a personal story with the EFNEP Nutrition Educator stating that it was "great timing" that we were doing the videos because she had just gotten a report from her family doctor that she needed to make some changes in her diet because her A1C number was 5.7, which put her in pre-diabetic status. She stated that she loves fried food and fast food and finds it difficult to give up. After watching the virtual sessions and trying one of the recipes she stated that the recipe was not only quick, but delicious.

As a result of the partnership, this individual has some of the tools that she needs to make healthy changes to bring her A1C back to a healthier range.

EFNEP Makes Little Chefs in the Kitchen

The goal of the Expanded Food and Nutrition Education Program (EFNEP) has always been to encourage personal behavior change for adults and youths in various communities. One of the local youth centers in Wayne County was familiar with the EFNEP program and agreed to partner together to bring nutrition education to youth in the community.

The EFNEP educator produced a series of virtual "hands on" sessions with youth. The youth received lessons on nutrition and physical activity followed by a hands-on cooking activity. The partnering center provided and delivered recipe ingredients and cooking supplies to youth.

According to the reports received by staff at the center, the youth loved the hands-on cooking activities. One comment the educator received was, "They felt like chefs in the kitchen." During the hands-on lessons, youth sampled vegetables such as squash they had never been introduced to. They enjoyed them!

According to the center's director, some youth stated that they were going to prepare the recipes again for their parents.

The partnership is going so well that it will continue in the future introducing more youth and families to healthy eating. Through nutrition education, more families will make the necessary steps to better health.



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