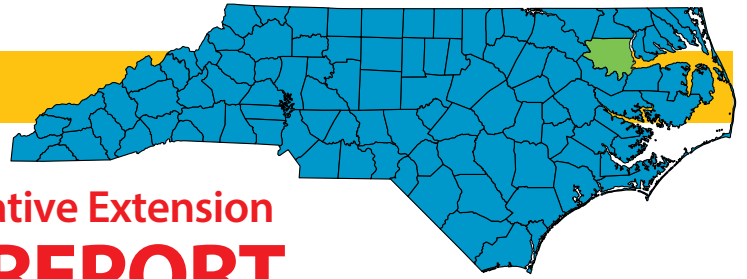




## NC Cooperative Extension 2022 REPORT



### Bertie County

#### Supporting North Carolina's Families with Greatest Needs

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

#### 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 2022, EFNEP served 40 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

 **100%** of EFNEP participants improved dietary intake.

 **100%** practice better food resource management.

 **95%** have improved their food safety habits.

 **75%** now practice daily physical activity.

**849** family and youth participants were reached through direct programming.



Bertie County EFNEP Enrollment



Bertie County EFNEP programs obtained  
**\$54,427** in funding and support from local efforts.

# 2022 NC Cooperative Extension Bertie County Report

## EFNEP SUCCESS



### EFNEP Creates a Passion for Lifelong Learning

The Expanded Food and Nutrition Education Program (EFNEP) is designed to help program participants gain the knowledge, skills and confidence to make informed decisions about their health.

Bertie County's EFNEP educator taught a group of adults at a local resource center when she encountered a commonly held belief that has changed over time. When the educator was teaching a lesson about physical activity, she learned that most of the participants thought that their activities of daily living were sufficient for long term health. One participant stated, "I run around behind grandchildren every day and that is plenty of exercise." The educator praised the participant for moving throughout the day as there are tremendous health benefits to moving more and sitting less. She also reviewed the 2018 Physical Activity Guidelines for Americans which recommends a minimum of 150 minutes of moderate intensity physical activity each week for adults. She encouraged the participants to start working towards this guideline, as it would require thoughtfully planned bouts of movement to reach this goal. The educator gave suggestions for local places to walk and provided tools to assist the participants with being physically active on inclement weather days including an exercise DVD and stretch bands.

At the beginning of the EFNEP class series, most participants only engaged in 30 minutes of physical activity on two days or less per week. At the end of the EFNEP classes, 83% of participants were engaging in 30 minutes of physical activity more days per week than at the start, with half of the group meeting this guideline 5 days or more! EFNEP fosters lifelong learning for adults and encourages practical application of health behaviors, giving participants a jump start to success.



### Our Bodies Were Meant to Move More

Unstructured active play is a great way for youth to practice their natural patterns of movement and skills. It's important for adults to create opportunities for unstructured play time without directions or rules where children are able to participate in imaginative and creative play.

Bertie County's Expanded Food and Nutrition Education Program (EFNEP) educator was teaching at a local elementary school when she

noticed that the kids were not as physically active even now that COVID-restrictions were lifted. The students adapted to being inside for long periods of time and were reluctant to go outside and play. The educator suggested that the kids start with fun unstructured games like



playing tag, jumping rope, playing

frisbee or dancing. These activities got the kids moving again with brief bursts of activity during unstructured free play time.

The educator also encouraged all of her classes to participate in a walking challenge to see which class could walk the most during the 6-week EFNEP class series. The teachers got excited about the challenge and began taking walks with their classes every day. As the children in each class saw other classes participating, they were eager to join in and soon the kids were looking forward to the walks. Camaraderie and shared experiences can be game changers in fostering a lifelong love of movement.

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