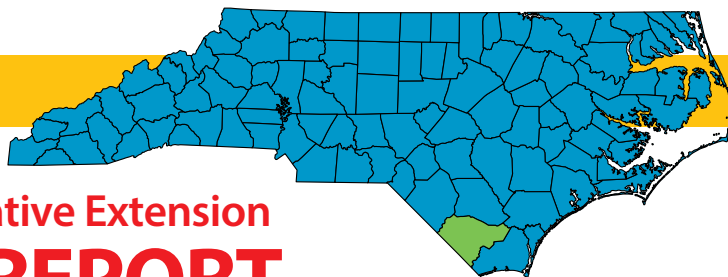




## NC Cooperative Extension 2022 REPORT



### Columbus 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

 **95%** of EFNEP participants improved dietary intake.

 **52%** practice better food resource management.

 **79%** have improved their food safety habits.

 **74%** now practice daily physical activity.

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



Columbus County EFNEP Enrollment

71%  
Caucasian

22%  
African  
American

7%  
Other

8%  
Hispanic

92%  
Non  
Hispanic

Columbus County EFNEP programs obtained  
**\$21,361** in funding and support from local efforts.

# 2022 NC Cooperative Extension Columbus County Report

## EFNEP SUCCESS



### EFNEP Makes a Lasting Impression on Youth Participants

The Expanded Food and Nutrition Education Program (EFNEP) partnered with Columbus County Schools for a six-week nutrition education program during the 2021-2022 school year. The EFNEP educator taught students about the importance of building a healthy body through essential nutrients such as carbohydrates, proteins, fats, vitamins, minerals, and water during the program. The EFNEP educator taught them to read food labels and how to understand that physical activity plays a part in a healthy body. Youth were encouraged to look for healthier food options and make sure they were eating from all food groups.

The EFNEP Educator always noticed how thrilled the students were when she entered the room. Little did she know what a lasting impression she would make. Program evaluation surveys showed that over 90% of the students improved 1 or more skills needed to choose foods consistent with Federal Dietary recommendations. Furthermore, while the educator was at an event two months later, she ran into one of the teachers from a school she taught in. The teacher was very excited to tell her about the positive change the class had made. The teacher said she saw youth beginning to bring healthier snacks to schools like cheese sticks and whole wheat crackers instead of potato chips and cakes.



### Handwashing or Hand Sanitizing?

One of the priority areas of the Expanded Food and Nutrition Education Program (EFNEP) is to improve food safety practices of participants. As part of the food safety lesson, EFNEP educators demonstrate proper handwashing and how effective and essential it is to reduce the risk of illness.

Columbus County students and teachers learned that handwashing is a key practice in reducing the spread of viruses and keeping children healthier while at school. Along with influencing youth to wash their hands before eating, the EFNEP educator challenged teachers with using proper handwashing techniques before students go to the cafeteria to eat breakfast, lunch, or snacks. Prior to EFNEP, teachers preferred using a quick, convenient hand sanitizer to clean hands since it saves time. However, the EFNEP educator showed teachers and students a hands-on activity of handwashing versus using hand sanitizer. This demonstration helped teachers to see the difference between handwashing and using hand sanitizers.

Teachers were shocked by the amount of dirt left on the student's hands. After the handwashing demonstration, teachers said they prefer to let their students wash their hands before eating rather than using hand sanitizer alone.

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