

## NC Cooperative Extension **2022 REPORT**

# Durham 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

 **80%** of EFNEP participants improved dietary intake.

 **27%** practice better food resource management.

 **56%** have improved their food safety habits.

 **55%** now practice daily physical activity.



Durham County EFNEP Enrollment



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

# 2022 NC Cooperative Extension Durham County Report

## EFNEP SUCCESS

### **Healthy Start in Durham County**

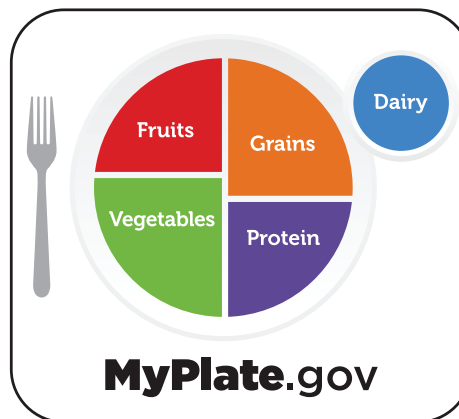
The Expanded Food and Nutrition Education Program (EFNEP) educator partnered with Welcome Baby in Durham County to deliver Table for Two. Table for Two is a nutrition education program for limited resource pregnant women that focuses on positive lifestyle choices resulting in a healthy pregnancy and a healthy start for a growing baby. Participants learn to prepare simple, nutritious foods that they can make for their family. Table for Two provides lessons covering MyPlate, food safety, food preparation, physical activity and encourages women to attend doctor appointments regularly.

As a result of the series, participants improved in the following areas:

- 95% showed improvement in diet quality
- 90% showed improvement in food resource management practices
- 43% showed improvement in food safety practice

### **Youth Learn to Choose Heart Healthy Foods**

The Expanded Food and Nutrition Education Program (EFNEP) offered a series of nutrition education lessons to limited resource youth across Durham County. In one lesson, the youth learned about the importance of eating healthy foods to maintain a healthy heart and a healthy weight. When asked if they knew anyone who had heart disease, over half of the students raised their hands. The educator talked with them about the consequences of eating too much fried food. The youth compared nutrition information between fried foods and healthier options. They learned the difference in calories and dietary fat. As part of the lesson, youth were able to try healthier choices. They also learned to use MyPlate as a guide for healthy eating.



After the lesson, participants stated they would choose healthier options more frequently. Also, 100% of the participants stated that they would talk with their families about choosing healthier foods such as fruits and vegetables.

of the participants stated that they would talk with their families about choosing healthier foods such as fruits and vegetables.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

