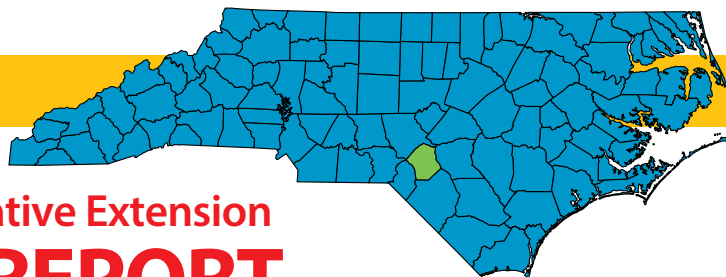




NC Cooperative Extension 2022 REPORT



Hoke 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



99% of EFNEP participants improved dietary intake.



86% practice better food resource management.



91% have improved their food safety habits.



92% now practice daily physical activity.



Hoke County EFNEP Enrollment



900

family and youth participants were reached through direct programming.

Hoke County EFNEP programs obtained
\$1,298 in funding and support from local efforts.

2022 NC Cooperative Extension Hoke County Report

EFNEP SUCCESS



Teens Learn to Make Healthier Food Choices

Diet quality was a big issue facing many middle school students in Hoke County. The Hoke County Expanded Food and Nutrition Education Program (EFNEP) enrolled a local middle school to teach students to make healthy food choices.

Snacks such as candy, chips, and energy drinks were sold at concession stands throughout the school day. Many students either purchased these snacks from school or brought similar snacks from home. The sodium and sugar content in these snacks are very high. A diet high in sodium, added sugar, calories and fat increase the risks for developing diabetes, high blood pressure, chronic fatigue, and more. Students shared with the EFNEP educator that they often do not have energy and are always feeling tired.

The EFNEP educator taught students about making healthy food choices based on MyPlate and how many servings of each food group is needed each day. Students also learned how to find and read nutrition fact labels on the foods they consume. Counting the teaspoons of sugar in their favorite soft drinks gave students a great visual on how much sugar they are consuming. Students also enjoyed learning how much fat was in foods served at their favorite restaurants.

As a result of EFNEP, students are now reading food labels on almost everything they eat. Also, because students enjoyed the healthy snacks, the school principal decided to change out some of the unhealthy snacks at the concession stand to include healthier options.

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