



NC Cooperative Extension **2022 REPORT**

Pasquotank 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

-  **93%** of EFNEP participants improved dietary intake.
-  **89%** practice better food resource management.
-  **71%** have improved their food safety habits.
-  **46%** now practice daily physical activity.

612 family and youth participants were reached through direct programming.



Pasquotank County EFNEP Enrollment



Pasquotank County EFNEP programs obtained in funding and support from local efforts.
\$32,749

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EFNEP SUCCESS

Meeting Participants Where They Are

The Expanded Food and Nutrition Education Program educator in Pasquotank County utilized the Families Eating Smart and Moving More curriculum with a husband and wife who were interested in learning how to eat healthy. They first saw the EFNEP educator at the Food Bank of the Albermarle and then enrolled in her classes. They readily admitted to eating a very limited variety of fruits and vegetables and stated they wanted to learn how to prepare produce in a healthier way without adding fat, salt or sugar.

The couple was dedicated to the EFNEP lessons and attended the virtual sessions together from their home kitchen. The online sessions turned out to be a benefit when the couple confessed during one lesson that they were inspired to try a new vegetable and had bought asparagus, but left it sitting in their refrigerator because they didn't know how to prepare it. The EFNEP educator jumped into action and asked them to pull out a pan, olive oil and a few spices. She guided them through cutting off the stems and delicately sauteeing the asparagus. In a few short minutes, the couple had prepared a new vegetable and tasted it. The educator's ability to quickly pivot and guide the couple through a hands-on cooking lesson is a testament to EFNEP's goal of meeting participants where they are and striving to meet their needs.

As a result of practicing the healthy eating strategies she learned during the classes, the participant shared that she lost 30 pounds and was no longer taking insulin to manage her diabetes. The downstream effects of individual behavior changes can lead to the dramatic reduction of risk factors for chronic diseases. In Pasquotank County, heart disease is the leading cause of death and adults who have diabetes are nearly twice as likely to have both. Successful implementation of the EFNEP curriculum is a proven way that preventative measures can improve the health of our communities.

Teachers Relay Stories of EFNEP Impact

Expanded Food and Nutrition Education Program (EFNEP) educators don't often get to witness the full extent of the impact they have on their participants, especially if additional behavior changes happen after the class series is over. In a school setting, teachers can serve as a conduit for relaying the progress they observe in their students. This allows the educator to get a glimpse of the ripple effect that EFNEP lessons have among the students and their families.

The youth EFNEP educator in Pasquotank County delivered the Show Me Nutrition curriculum at a local elementary school. She prepared the "Nearly A Five-Group Sundae" recipe in the EFNEP workbook and offered a variety of fruit including cherries, blackberries, raspberries and blueberries. Some students had never experienced these types of fruit before and were eager to try them. The teachers of the classes were so pleased that they wrote a thank-you note and said "the whole experience was delightful for them." Offering new foods in a relaxed, no-pressure environment removes the stress and anxiety that some kids feel when they are presented with unfamiliar foods.

After the educator finished the EFNEP series, the teachers shared feedback about the impact that the classes had on the students. A highlight included this comment, "You have really made a great impact on the students. You had some students going home trying recipes for their families and the students that don't usually participate began to raise their hands to participate." Reminders like this confirm that EFNEP educators are truly making a difference in the lives they touch through their programs.

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