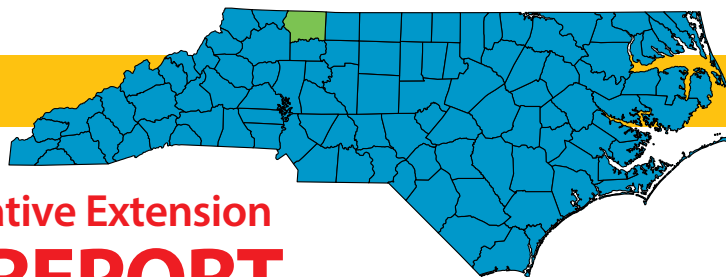




## NC Cooperative Extension 2022 REPORT



### Surry 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.

 **98%** practice better food resource management.

 **80%** have improved their food safety habits.

 **41%** now practice daily physical activity.

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



Surry County EFNEP Enrollment

95%  
Caucasian

4%  
African  
American

1%  
Other

23%  
Hispanic

77%  
Non  
Hispanic

Surry County EFNEP programs obtained  
**\$11,886** in funding and support from local efforts.

# 2022 NC Cooperative Extension Surry County Report

## EFNEP SUCCESS



### Moving to Feel Better

According to Eat Smart Move More NC's Overweight and Obesity in North Carolina 2020 Update, 51% of North Carolinians reported that they did not participate in 150 minutes or more of aerobic physical activity per week. A consistent lack of physical activity can lead to many health issues and reduce overall health.

In order to help combat this issue, the Expanded Food and Nutrition Education Program (EFNEP) educator in Surry County, teaches enrolled adults the importance of physical activity and eating healthy food. In a recent class, the educator taught the "Choosing to Move More Throughout the Day" lesson. A participant mentioned that she's unable to sleep well because of body pain. The educator suggested the participant communicate with her doctor but also shared that physical activity, especially stretching and strength training can help relieve stress and improve sleep.

The educator taught the participant to create an activity plan and how to stay motivated. In addition, the participant received a resistance band and learned simple physical activities and stretches. She has since started and continued a regular exercise routine. By the end of the program, the participant stated "I am so happy I decided to participate in [EFNEP]. It has motivated me to stay physically active. This is helping me sleep better and have no body pain."



### EFNEP Kids Moving More!

Eat Smart Move More NC reports 31% of youth are overweight or obese while 78% do not meet the recommended 60 minutes of physical activity per day. Obesity in childhood can lead to many adverse health effects. Obese children are also more likely to be obese in adulthood compared with an increased risk of hypertension, type 2 diabetes, and other chronic disease.

Two key behaviors in reducing these health risks are healthy eating and physical activity.

Youth participating in EFNEP nutrition classes are encouraged to make healthy food choices and to be active for at least sixty minutes every day.

The EFNEP educator in Surry County emphasizes how important physical activity is when she is teaching EFNEP lessons to students.

In one recent EFNEP group, the educator challenged the class to log their daily physical activity with the goal of reaching 60 minutes of physical activity each day. The group learned various ways of being active through fun games and activities. By the end of the EFNEP series, After learning of the importance of physical activity and participating in the physical activity challenge, 42% of students improved their physical activity practices.



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