

## NC Cooperative Extension **2022 REPORT**

# Vance 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.

 **100%** practice better food resource management.

 **81%** have improved their food safety habits.

 **56%** now practice daily physical activity.



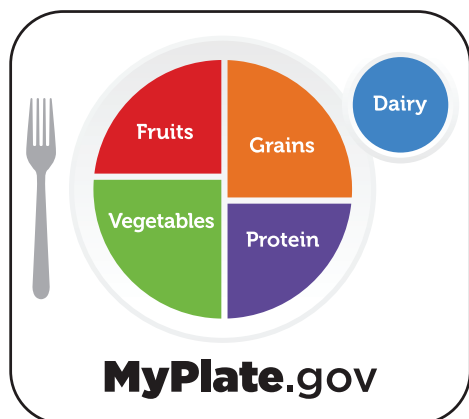
Vance County EFNEP Enrollment



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

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## EFNEP SUCCESS



### Show me Nutrition — Exploring the Five Food Groups

According to the 2022 North Carolina Health Rankings report, Vance County ranks 95 out of 100, and childhood obesity contributes to this ranking. Obesity is linked to serious health problems, which includes diabetes, heart disease, asthma, and poor mental health. Obesity can also lead to a reduced quality of life, leading to economic costs from medical bills and lost productivity.

EFNEP partnered with Clark Street Boys & Girls Club and recruited to teach enrolled youth healthy alternatives to eat during the day. Healthy recipes were taught throughout the program, utilizing each of the food groups from MyPlate.

After completing nutrition education lessons, survey results show that youth improved in the following ways:

- 64% ate whole grains more frequently
- 64% increased the number of days they were physically active for at least 1 hour
- 64% ate fruit more frequently
- 57% washed their hands more often before eating
- 57% made healthier food choices more often when eating out
- 89% improved their responses of identifying when to wash their hands before eating
- 78% improved their responses to identifying dairy foods
- 63% improved their responses to identifying fruits
- 50% improved their responses to identifying vegetables
- 33% improved their responses to identifying healthy snacks
- 35% improvement in the frequency of tasting new foods

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