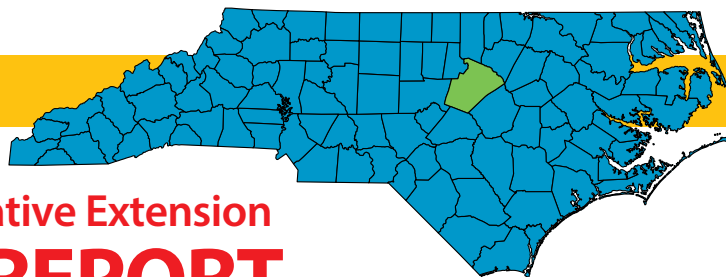




## NC Cooperative Extension 2022 REPORT



### Wake 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



**98%** of EFNEP participants improved dietary intake.



**96%** practice better food resource management.



**92%** have improved their food safety habits.



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

**708**

family and youth participants were reached through direct programming.



Wake County EFNEP Enrollment

66%  
Caucasian

28%  
African  
American

6%  
Other

49%  
Hispanic

41%  
Non  
Hispanic

Wake County EFNEP programs obtained  
**\$48,050** in funding and support from local efforts.

# 2022 NC Cooperative Extension Wake County Report

## EFNEP SUCCESS



### EFNEP Helps Participants Save Money

Due to the pandemic, EFNEP educators in North Carolina were required to teach classes remotely using different platforms. This option helped EFNEP connect with a single mother who never had time to attend an EFNEP class in-person because of her work schedule. She used her breaks at work to watch the pre-recorded videos and engage in the interactive question and answer sessions.

The lesson that focused on food resource management was exactly what the participant needed since her busy schedule did not allow her to prepare and cook at home. The educator demonstrated how to prepare meals that last more than one day, and how to shop wisely to save money at the grocery store. She taught participants how to cook in batches which helps save money and reduce food waste.

**As a result of EFNEP, the participant shared that she learned to plan weekly menus, to cook meals that last several days, and to use a shopping list in order to save money at the grocery store.** Within a few months, she noticed a positive improvement in her financial situation and as well as her health.



### From Fast Food to Homemade

A diet high in sodium can increase blood pressure and raise the risk for a heart attack or stroke (source: <https://www.cdc.gov/salt/>) The Centers for Disease Control and Prevention found that most Americans exceed their sodium requirements mostly from eating out too often. The Wake County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local community action agency to teach limited resource families to improve their diet and lifestyle.

A program participant expressed her concern that she may be at risk for developing high blood pressure. Her last physical showed her blood pressure was high. Since she raises her grandchildren, she shared the same concern for their health. The majority of the food she ate with her family came from the dollar menu at a nearby fast food restaurant. It was cheap and convenient.

The EFNEP program assistant discussed the consequences of eating out, especially on diet and food budgets. Using actual food labels and fast food nutrition facts, participants learned to identify nutrient amounts including sodium content. Additionally, the program assistant used hands on food demonstrations to show participants how to prepare healthy, low sodium recipes from the EFNEP cookbook. Recipes were healthy, quick, easy to prepare, and inexpensive.

As a result of EFNEP, the participant invested in an electric skillet to help her prepare more meals at home. **Rather than using additional salt in her recipes, she now uses herbs and spices.** The participant, excited about what she has learned, taught her grandchildren to read food labels. And finally, **during a recent check-up, her blood pressure had decreased.**

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