



Scotland County

Supporting North Carolina's Families with Greatest Needs Since 1969

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

EFNEP Provides Opportunities



79 volunteers committed
686 hours

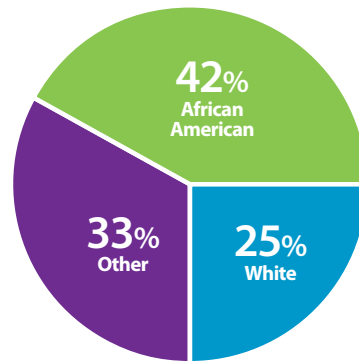
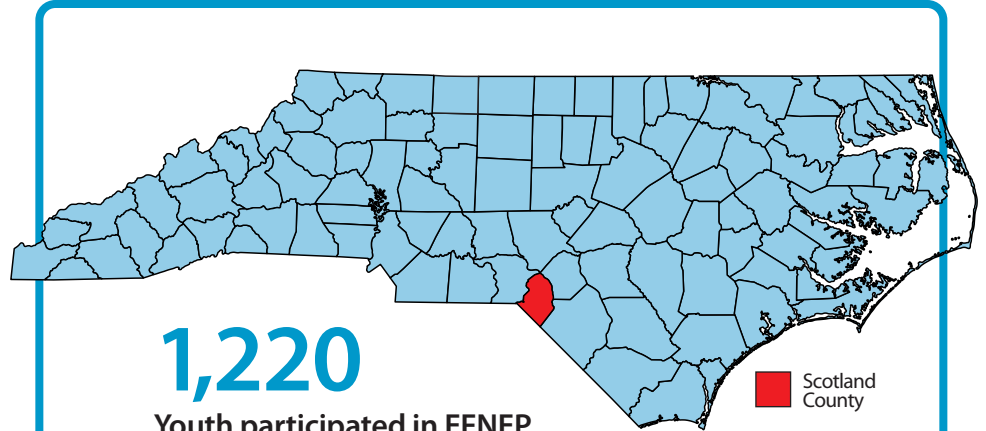


\$21,828
estimated value of volunteer time

Scotland County EFNEP programs obtained over

\$4,900

in funding and support from local efforts.



EFNEP Makes a Real Difference



89%

of EFNEP participants improved diet quality.



49%

now practice daily physical activity.



54%

practice better food resource management.



65%

have improved their food safety habits.



 **Handwashing Help**

Maintaining proper hand hygiene is important to prevent the spread of harmful bacteria. The Centers for Disease Control and Prevention (CDC) reports that using soap while washing hands can significantly reduce the risk of young children getting infected with ailments such as diarrhea and respiratory infections like pneumonia (source: <https://www.cdc.gov/handwashing/why-handwashing.html>).

EFNEP partnered with elementary schools in Scotland County to deliver a six-week nutrition and safety education program to combat this issue. EFNEP taught students the importance of correctly washing hands during this program. Through interactive sessions, the educator demonstrated how germs, although invisible to the naked eye, can latch onto hands and surfaces, causing infections and illnesses. The students also learned the five proper steps to wash their hands effectively.

As a result of EFNEP, post-evaluations showed that over 60% of the students improved their handwashing habits and showed more awareness of when to do it. EFNEP achieved its objective of educating students on the significance of proper hand hygiene and helped them develop better handwashing practices.

 **Summer Camp Success**

According to the American Heart Association, regular physical activity can help reduce the risk of overweight/obesity. America's Health Rankings report that more than 33% of school-age youth in North Carolina are overweight or obese. In response to this issue, EFNEP partnered with 4-H in Scotland County to conduct a six-week Boot Camp focused on physical activity, nutrition education, and STEM (Science, Technology, Engineering, and Mathematics). The program taught youth participants the importance of physical activity in maintaining a healthy body. The program introduced several fun games and activities to motivate the youth to move more and adopt healthy lifestyle practices. The participants also learned the significance of good eating habits and physical activity in creating a healthy lifestyle.

Post-evaluations after the program revealed that 90% of the youth who participated in the Boot Camp started incorporating more physical activities into their daily routines and reduced their screen time. These results indicate the program's effectiveness in promoting healthy lifestyle practices among the youth.

