



# 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



**58** volunteers committed  
**562** hours

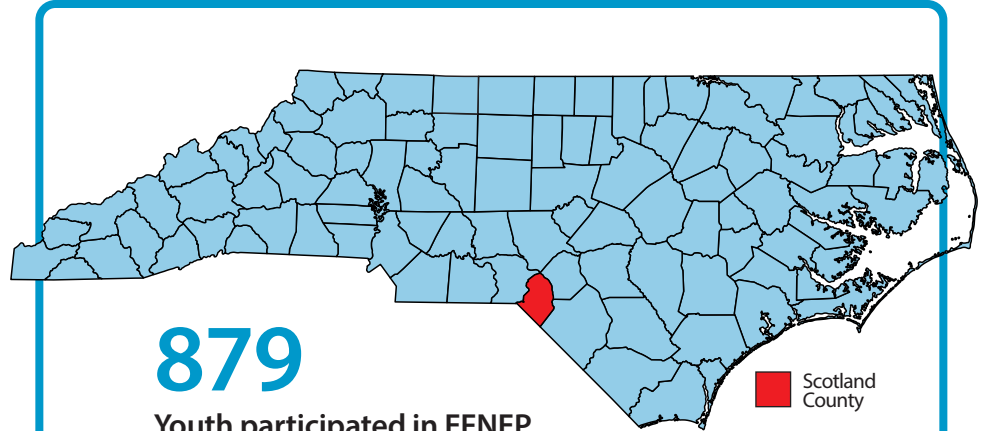


**\$18,808**  
estimated value of volunteer time

Scotland County EFNEP programs obtained over

**\$15,253**

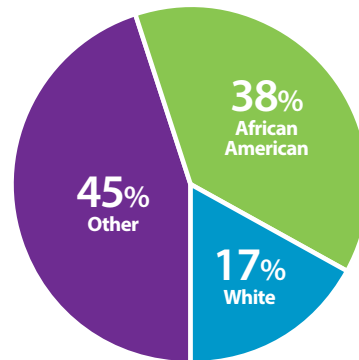
in funding and support from local efforts.



**879**

Youth participated in EFNEP.

Scotland County



## EFNEP Makes a Real Difference



**88%**

of EFNEP participants improved diet quality.



**54%**

now practice daily physical activity.



**47%**

practice better food resource management.



**68%**

have improved their food safety habits.



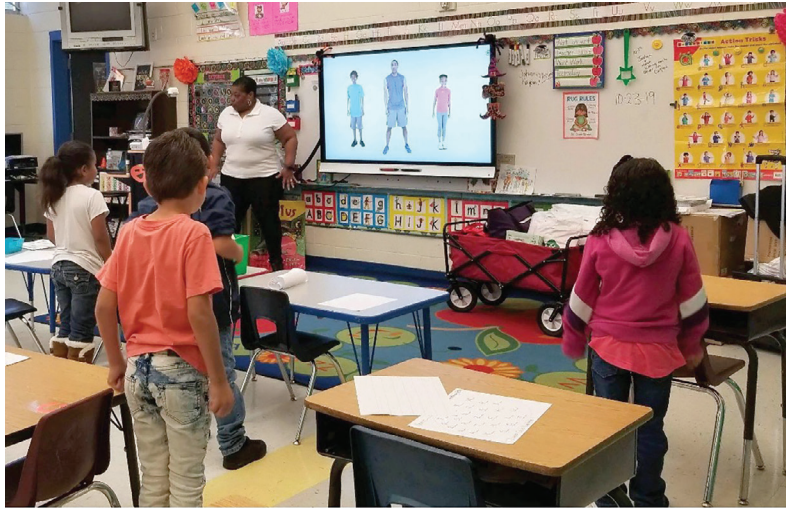
## Healthy Habits: Empowering Youth in Scotland County

According to the Centers for Disease Control and Prevention (CDC), childhood obesity has alarmingly more than tripled in the last three decades. This increase places children and adolescents with obesity at significant risk for various health issues, including bone and joint problems, sleep apnea, and a range of social and psychological challenges. Many of these young people may experience stigmatization and struggle with issues such as low self-esteem, which can impact their overall well-being.

In recognition of this issue, the Scotland County Cooperative Extension's 4-H Youth Expanded Food and Nutrition Education Program (EFNEP) collaborated with Shaw

Academy an alternative school to offer a series of nutrition education classes. These sessions emphasized the vital role of physical activity and the benefits of making healthier snack choices.

Five health classes participated, allowing students to learn more about healthy nutrition. The post-test outcomes were encouraging: **An impressive 87% of participants reported improving their dietary habits by making healthier food choices. Additionally, 62% of the students indicated an increase in their daily physical activity levels, demonstrating the program's positive impact.**



## 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.

Nearly 900 Scotland County school-aged youth enrolled in EFNEP's Boot Camp. **Post-evaluations revealed that 88% of the participants improved their diet quality, while more than half increased their daily physical activity.** These results indicate the program's effectiveness in promoting healthy lifestyle practices among the youth.