



NC Cooperative Extension **2024 REPORT**

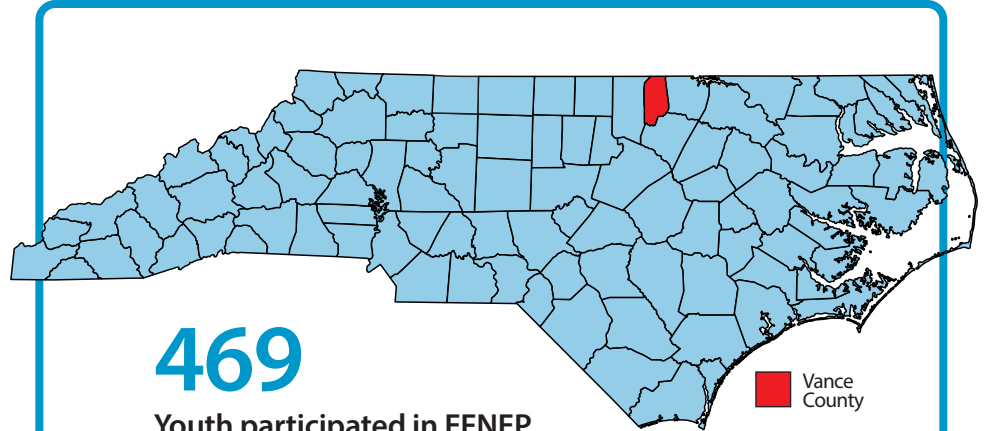
Vance County

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.

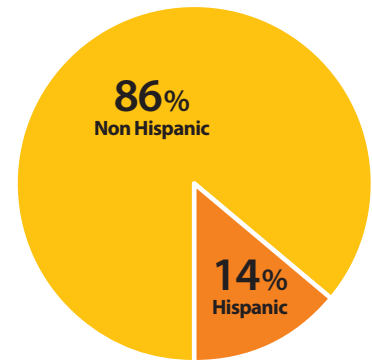
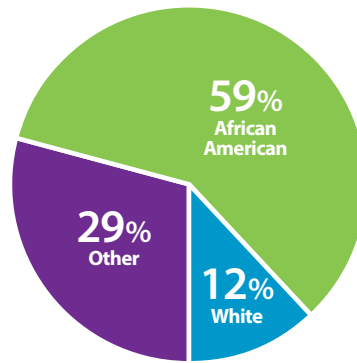
EFNEP provides:

- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



469

Youth participated in EFNEP.



EFNEP Provides Opportunities



32 volunteers committed
187 hours



\$6,269
estimated value of volunteer time

EFNEP Makes a Real Difference



93%
of EFNEP participants improved diet quality.



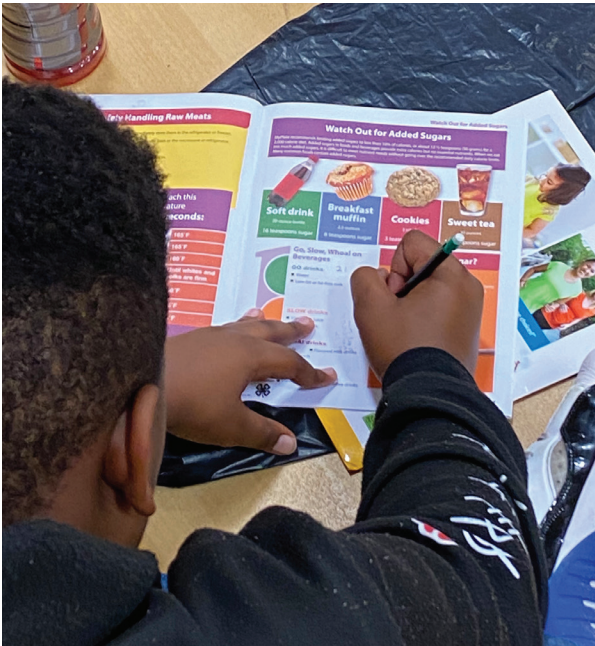
75%
now practice daily physical activity.



65%
practice better food resource management.



73%
have improved their food safety habits.



Fueling Futures: Healthy Choices in Vance County

The EFNEP program at North Carolina A&T helps families and youth make healthy choices. Vance County has a population of 42,301, with 20.1% living in poverty and a food insecurity rate of 16.2%. This means that families in Vance County living in food insecurity and poverty may find it challenging to prioritize their well-being and maintain a healthy diet.

The EFNEP program in Vance County utilized the *Fuel for Life* curriculum to teach in the EFNEP core areas of Diet Quality, Food Resource Management, and Food Safety. *Fuel for Life* teaches participants to prepare healthy foods, read food nutrition labels, and how to choose healthier options when eating out. The EFNEP Educator partnered with Vance County High School to teach 18 total lessons to youth participants in grades 9–12. As a result, 51 youth were reached through EFNEP’s response.

Participants were surveyed to measure behavior change as a result of the program. The behavior reported a **94% improvement in participant diet quality**. This results in youth choosing and eating more fruits and vegetables, whole grains, and making more of their own healthy meals and snacks. As these youth continue to grow, they will take the knowledge and skills gained by this program and implement them with their families to improve quality of life for all.

