



EFNEP System

2020-2024 NC State University EFNEP Plan

Fiscal Year: 2020
Plan Status: Pending
Director Approval Status: Approved

Contact

Lorelei Jones
(p) (919) 515-9140
lorelei_jones@ncsu.edu
www.ncefneep.org

Extension Director / Administrator

Richard Bonanno

Approved by: abonann@ncsu.edu

Situation

The Expanded Food and Nutrition Education Program (EFNEP) with Cooperative Extension at NC State University commits to helping families achieve better health through nutrition education and community engagement. EFNEP is a federally funded educational program conducted through Cooperative Extension in every state. For decades, EFNEP has been helping families learn how to eat healthier meals, stretch food dollars and educate on food safety. Improving the health of limited resource families is a primary goal of EFNEP. EFNEP helps limited-resource families and children gain the knowledge and skills to change current attitudes and behaviors when it comes to choosing nutritious foods and improve their health. The North Carolina Justice Center reported in December 2019 that over 1.4 million North Carolinians (14%) and one out of every five children (20%) are living in poverty. NC has the 15th highest rate of poverty in the nation. Poverty does not affect all people in North Carolina the same. The rate is higher for Black residents with 21.1% living in poverty. Families and children living in poverty suffer from higher rates of obesity and poor nutrition leading to other health concerns. The America's Health Rankings 2019 report shows that 33% of North Carolinians are obese; 23.9% are physically inactive; 34.7% exhibit high blood pressure and diabetes prevalence is increasing with a current rate of 12.5%. According to the Economic Research Report Number 155 from the Economic Research Service of USDA, Household Food Security in the United States, 2010-2012, North Carolina's rate of food insecurity was well above the national average (14.5%), with 17 percent of North Carolina households experiencing low or very low food security. Household Food Security in the United States, ERR-270 found that food insecurity in North Carolina continues to be above the national average and is increasing. Research suggests a strong correlation between poverty, food insecurity, and obesity and a correlation between obesity and chronic disease. Eat Smart Move More NC reports 68% of adults and 31% of youth (10-17) are overweight or obese. Furthermore, two key behaviors, vegetable consumption and physical activity are alarmingly poor in our children. 41% of youth consume vegetables less than one time per day and 78% do not meet the recommended 60 minutes of physical activity per day. Not only do the statistics paint a clear picture of the need for nutrition education, but 9 listening sessions held across the state in 2019 also indicate the value and interest in nutrition education of stakeholders. These listening sessions resulted in three recommendations: 1) partner with health care providers; 2) partner with communities to change the nutrition environment; and 3) grow and expand the program so that healthy eating and physical activity become the norm for children in NC. The Expanded Food and Nutrition Education Program (EFNEP) operated through NC State University is committed to improving the lives of low-income families and youth. By teaching families new knowledge and skills to help them provide healthy foods for their families within their limited incomes, EFNEP provides the most needy of our citizens with tools to prevent food insecurity. Additionally, North Carolina's curriculum addresses six key behaviors identified through research to impact the risk of overweight and obesity. This plan has been reviewed and approved by NC State Extension Director, Dr. Richard Bonanno.

Target Audience

North Carolina State University's Expanded Food and Nutrition Education Program (EFNEP) serves low-income families with young children and low-income school-age youth. County advisory groups identify specific need and county leadership determines the outreach focus (adult or youth or a combination) for their county. Because of its mission, EFNEP targets families that participate in federal assistance programs and/or whose income is at or below the federal poverty line. Program participants are identified through partnerships with local organizations serving the needy. Community organizations, where 65% of its members are low-income, as designated by eligibility for Medicaid, SNAP, WIC, Head Start, or other federal assistance programs are targeted for recruitment. For our youth component, county and/or city school systems and organizations offering subsidized after-school care are targeted for recruitment. NC State University EFNEP offers programming in schools where 50 percent or more of the students receive free and/or reduced lunch. North Carolina is recently developed a program referral system based on the social determinants of health called NCCARES360. EFNEP has been registered in this system as a resource for nutrition education for low-income families with children and low-income school-aged youth. Healthy systems are currently completing contracts to add the referral system into their EPIC data base. EFNEP is

promoting our program through NCCARES 360 newsletters and updates. Adults and youth experiencing poor nutrition or food insecurity and who meet the eligibility of our program will be referred to EFNEP through the system. Within the next five years, this referral system will help us strengthen our partnership with health care providers. County-level census data is utilized to target community organizations that are in particularly low-income areas of the county. Through county level coalitions, EFNEP seeks to compliment, not duplicate other nutrition efforts within a county. The Regional Nutrition Extension Associate who serves as the EFNEP programmatic supervisor, FCS Agent, and County Extension Director help to facilitate coordination among programs. EFNEP outreach specific to the county is included in the Cooperative Extension County Plan of Work.

Geographic Area

- Ashe County
- Avery County
- Bertie County
- Brunswick County
- Buncombe County
- Cabarrus County
- Camden County
- Chowan County
- Columbus County
- Duplin County
- Durham County
- Edgecombe County
- Forsyth County
- Franklin County
- Gaston County
- Guilford County
- Halifax County
- Harnett County
- Henderson County
- Hoke County
- Johnston County
- Lee County
- Lenoir County
- Macon County
- McDowell County
- Mecklenburg County
- Northampton County
- Onslow County
- Orange County
- Pasquotank County
- Pender County
- Perquimans County
- Person County
- Pitt County
- Robeson County
- Rowan County
- Sampson County
- Scotland County
- Surry County
- Transylvania County
- Union County
- Wake County
- Wayne County
- Yancey County

Description of Geographic Area

North Carolina has over 1.4 million people living in poverty and 1 in every 5 children are living in poverty across our state. Approximately 21 percent of these families and children are located in three metropolitan counties in the state. Ironically, these three metropolitan counties have some of the lowest poverty rates in the state. NC State University EFNEP directs programming to both counties that consistently have the highest rates of poverty, primarily small, rural counties and to urban centers in our state that have high numbers of families and youth in poverty. Forty-five of North Carolina's 100 counties are planned for program outreach in the next five years including: Ashe, Avery, Bertie, Brunswick, Buncombe, Cabarrus, Camden, Chowan, Columbus, Duplin, Durham, Edgecombe, Forsyth, Franklin, Gaston, Guilford, Halifax, Harnett, Henderson, Hoke, Johnston, Lee, Lenoir, Macon, McDowell, Mecklenburg, Northampton, Onslow, Orange, Pasquotank, Pender, Perquimans, Person, Pitt, Robeson, Rowan, Sampson, Scotland, Surry, Transylvania, Union, Wake, Wayne, and Yancey. Buncombe and Rowan counties have expressed interest in programming. Both have been program locations in the past, and are interested in renewing their partnership with EFNEP. We are currently looking to secure funding that would allow expansion to these counties. There are funding proposals pending for Durham, Harnett, and Person counties. Both Rowan and Pender have expressed interest in the program. Counties served are selected based on the following criteria: percentage of families living in poverty; number of persons living in poverty; outside agency support for the program; local Cooperative Extension staff support for limited resource programming; county government support for limited resource programming; and county funding available for the program. NC State University works collaboratively with NC A & T State University to coordinate program outreach to our most needy families and youth. Additionally, NC EFNEP coordinates nutrition education efforts with the SNAP-Ed, Steps to Health project operated through NC State University to assure the broadest outreach through coordinated and complementary efforts. In the next five years, NC State University EFNEP will continue to focus program efforts in counties with the highest need. We will partner with county governments, local foundations, researchers, and program partners to secure funds to extend efforts in our urban centers as population in these counties continues to increase.

Priorities

#1: Food Safety

Focus

Core Areas
Food Safety

Description

NC State University program data from FY2019 showed that 90% of adults and 65% of youth improved in one or more food safety practices. These results have steadily climbed for our program during the previous 5 years and there has been a great deal of attention to safe food practices across our state. Helping families and youth prepare food that is safe to eat is a core priority of EFNEP and while our impacts are high, it is important to continue to give this area focus. NC State University will maintain an impact of 90% of adults and 65% of youth improving in one of more food safety measures upon graduation from the program.

Measurement

Percentage

	Baseline	2020	2021	2022	2023	2024
Target		.90/.65	.90/.65	.90/.65	.90/.65	.90/.65
Actual	.90/.65					

Comments

#2: Physical Activity

Focus

Core Areas

Physical Activity

Description

NC State University program data from FY2019 showed that 87% of adults and 51% of youth improved in one or more physical activity practices. These results have steadily climbed for our program during the previous 5 years. We continue to have a significant emphasis on physical activity throughout our curricula. Helping families and youth increase their daily physical activity is critical to improving overall good health. NC State University will maintain an impact of 87% of adults and 51% of youth improving in one of more physical activity measures upon graduation from the program.

Measurement

Percentage

	Baseline	2020	2021	2022	2023	2024
Target		.87/.51	.87/.51	.87/.51	.87/.51	.87/.51
Actual	.87/.51					

Comments

#3: Food Resource Management

Focus

Core Areas

Food Resource Management

Description

NC State University program data from FY2019 showed that 89% of adults and 52% of youth improved in one or more food resource management practices. These results have been steady throughout our program for the past 10 years. Helping families and youth improve their food resource management skills is critical to improving their ability to have healthy meals and snacks throughout the month and critical for overall good health. NC State University will maintain an impact of 89% of adults and 52% of youth improving in one or more food resource management measures upon graduation from the program.

Measurement

Percentage

	Baseline	2020	2021	2022	2023	2024
Target		.89/.52	.89/.52	.89/.52	.89/.52	.89/.52
Actual	.89/.52					

Comments

#4: Food Security

Focus

Core Areas

Food Security

Description

North Carolina has the 10th highest rate of food insecurity in the nation. (ncjustice.org) NC State University program data from FY2019 showed that 44% of adults and 17% of youth improved food security between entry and exit from the program. Even more families have been affected during the current situation for which hard data is not available. This is a definite area of improvement for our program. NC State University will sustain current impacts in 2020 given the large number of families impacted by the current situation and from 2021 to 2024 improve our impact in the food security of our families for both adults and youth by 1% per year.

Measurement

Percentage

	Baseline	2020	2021	2022	2023	2024
Target		.44/.17	.45/.18	.46/.19	.47/.20	.48/.21
Actual	.44/.17					

Comments

#5: Technology

Focus

Secondary Areas

Technology

Description

NC State University has long been a leader in the use of technology for program recruitment and promotion. In recent years, state program staff have initiated projects that prove promising for program delivery and retention. The current remote program delivery due to the stay at home order for NC also forced educators to learn new skills that could be utilized to continuing engage their audience during a period of time that it has not been possible to deliver education face to face. While we have been leaders in this process, up until recently, the process was developed and directed at the state level. To see significant improvement in recruitment and retention of program participants, our research indicates that there must be direct involvement by the local educator as this is the individual known by participants to provide the research-based information they need. In the coming five years, NC State EFNEP will increase the number of staff utilizing social media and technology for program promotion, recruitment, delivery, and retention to 100% by 2024.

Measurement

Percentage

	Baseline	2020	2021	2022	2023	2024
Target		.50	.65	.80	.95	1
Actual	.35					

Comments

#6: Youth Participation

Focus

Secondary Areas

Management/Leadership

Description

In FY2019, NC State University outreach demonstrated that 50% of youth participants were from grades K-2, 40% were from grades 3-5, 10% were from grades 6-8 and 0% were from grades 9-12. The goal of our program will be to move toward a more equal distribution of youth participation by age groups. Over the next five years, our program will intentionally seek to prepare our staff to address the needs of older youth through curricula and training. Baseline: 2020 2021 2022 2023 2024 K-2: 50% 45% 35% 30% 25% 20% 3-5: 40% 40% 40% 35% 35% 35% 6-8: 10% 15% 20% 25% 30% 30% 9-12: 0% 0% 5% 10% 10% 15%

Measurement

Percentage

	Baseline	2020	2021	2022	2023	2024
Target		.45/.40/.15/0	.35/.40/.20/.05	.30/.35/.25/.10	.25/.35/.30/.10	.20/.35/.30/.15
Actual	.50/.40/.10/0					

Comments

Curricula

Adult:

Families Eating Smart and Moving More, Faithful Families Thriving Communities

Families Eating Smart and Moving More (FESMM) is a NC developed curriculum designed specifically for delivery of nutrition education to low-income parents. FESMM was recently approved as an evidence-based curriculum for the SNAP-Ed Toolkit. 21 total lessons are included around 5 themes: Introduction to EFNEP, Eating Smart at Home, Eating Smart on the Run, Eating Smart through the Lifecycle, and Moving More Watching Less. The curriculum is based on the social cognitive and stages of change theories. The FESMM curriculum was originally developed in 2006 as a partnership between NC State University and NC Division of Public Health. It was the first curriculum to utilize a technology-based delivery strategy. Since that time, the Development Team has continued to integrate new technology through coordinated evidence-based strategies that meet our audience where they are. This includes recipe, physical activity and content videos and most recently, six of the lessons have been translated to an online format that allows participants who have missed a class the ability to make-up the lesson at a time convenient to them. Additionally, educators who have limited in-person opportunities with an audience can utilize the online lessons as part of a blended delivery strategy. The online lessons as well as the face-to-face version of the curriculum are in English and Spanish languages. The core lessons address all priorities of EFNEP while addressing key behaviors for helping individuals reach and/or maintain a healthy weight. FESMM is currently utilized by over 30 states through EFNEP, SNAP-Ed or Public Health. It is updated once every 5 years to align with the release of the Dietary Guidelines.

Faithful Families Thriving Communities is a research-tested curriculum based on Families Eating Smart and Moving More. It is designed specifically for delivery within a faith community. The curriculum meets all priorities of EFNEP and addresses policy, system, and environmental changes within the faith community to support healthy eating and physical activity.

Pregnant Teens:

Table for Two

Having a baby is an exciting time that often inspires women to make healthier lifestyle choices. Table for Two classes help women prepare a healthy table for their growing family. Classes provide opportunities for moms to learn how to create healthy balanced meals, create safe cooking environments, taste new foods, stretch food dollars, learn about community resources and to meet other women to share the pregnancy experience with. Not only is Table for Two fun, women walk away with EFNEP's core foundations which leads to a healthy path for mother and child's first 1,000 days.

Grade K-2:

Show Me Nutrition

Show Me Nutrition (SMN) is a sequential nutrition curriculum developed by the University of Missouri. EFNEP utilizes an adapted version to meet our specific needs for in-school delivery. The adaptation allows our staff to make use of school smart boards and high rez visuals to deliver the lesson content as developed. Additionally, we have adapted the content to meet not only EFNEP priorities, but also the Healthy Living Standards for North Carolina Public Schools and the key behaviors for healthy weight identified in the State Report from NC Eat Smart Move More initiative. SMN teaches youths how to have a healthy lifestyle while reinforcing behaviors that promote a healthy weight. SMN also supports grade-level expectations for math and communication arts, as appropriate. In collaboration with our 4-H Specialists, NC has also added additional STEM activities that complement each lesson as an optional resource to teachers. The curricula for each of the grade levels teaches several important health themes, such as nutrition, food safety, physical activity, how media may influence nutrition and body image. Age-appropriate content, activities and handouts make learning about healthy eating fun for students in all grade levels. The set is designed for

continuity and includes the following grade-level curricula for grades K-2: Adventures in Nutrition (K), Fun with Food and Fitness (1), and Food Group Express (2).

Grade 3-5:

Show Me Nutrition

Show Me Nutrition (SMN) is a sequential nutrition curriculum developed by the University of Missouri . EFNEP utilizes an adapted version to meet our specific needs for in-school delivery. The adaptation allows our staff to make use of school smart boards and high rez visuals to deliver the lesson content as developed. Additionally, we have adapted the content to meet not only EFNEP priorities, but also the Healthy Living Standards for North Carolina Public Schools and the key behaviors for healthy weight identified in the State Report from NC Eat Smart Move More initiative. SMN teaches youths how to have a healthy lifestyle while reinforcing behaviors that promote a healthy weight. SMN also supports grade-level expectations for math and communication arts, as appropriate. In collaboration with our 4-H Specialists, NC has also added additional STEM activities that complement each lessons as an optional resource to teachers. The curricula for each of the grade levels teaches several important health themes, such as nutrition, food safety, physical activity, how media may influence nutrition and body image. Age-appropriate content, activities and handouts make learning about healthy eating fun for students in all grade levels. The set is designed for continuity and includes the following grade-level curricula for grades 3-5: Building My Body (3), Choosing Foods for Me (4), and Exploring the Food Groups (5).

Grade 6-8:

Teen Cuisine

Teen Cuisine is designed to teach youth (grades 6-12) important life skills to promote optimal health. The curriculum addresses key concepts about nutrition, food preparation/cooking, food safety, and physical activity by using approaches and strategies that enhance learning and behavior change among teens. Teen Cuisine aims to empower teens to adopt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious snacks and meals at home. This curriculum is designed to meet the following goals:

- Apply MyPlate to meal and snack planning, including breakfast
- Identify nutrient-dense foods and beverages that are low in added sugar, saturated fats, and sodium
- Read and follow a recipe using correct cooking and measuring techniques
- Demonstrate safe knife-handling skills
- Prepare food safely to prevent foodborne illness
- Use food labels to choose healthier foods and snacks
- Understand the importance of physical activity and consider ways of incorporating it into everyday life

Grade 9-12:

Teen Cuisine

Teen Cuisine is designed to teach youth (grades 6-12) important life skills to promote optimal health. The curriculum addresses key concepts about nutrition, food preparation/cooking, food safety, and physical activity by using approaches and strategies that enhance learning and behavior change among teens. Teen Cuisine aims to empower teens to adopt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious snacks and meals at home. This curriculum is designed to meet the following goals:

- Apply MyPlate to meal and snack planning, including breakfast

- Identify nutrient-dense foods and beverages that are low in added sugar, saturated fats, and sodium
- Read and follow a recipe using correct cooking and measuring techniques
- Demonstrate safe knife-handling skills
- Prepare food safely to prevent foodborne illness
- Use food labels to choose healthier foods and snacks
- Understand the importance of physical activity and consider ways of incorporating it into everyday life

Technology Use

NC State University and NC A&T State University continue to coordinate our technology strategies. NC State University will utilize all levels of technology to support program promotion, recruitment, retention, and delivery. Low level technology strategies include a program website and multiple social media sites (Facebook, YouTube, Instagram, Pinterest, Twitter). All low level strategies will be utilized to support program promotion and recruitment. Analytics from program website and social media pages will be utilized to determine our success in expanding awareness and knowledge of our program. Medium level strategies include the use of "Media Moments" as emails, texts, or posts to closed Facebook groups before and after lessons and utilization of approved apps or links such as MyPlate app and GoNoodle to complement lesson content. Medium level strategies will be utilized to support retention and engagement of participants throughout the lesson series. Strategies will be tracked on participant exit forms and success will be measured by achieving 75% graduation rate by 2021 and 80% by 2024. A high level technology plan has been submitted to the National Program Leader for approval prior to implementation. Strategies included are pre-recorded online lessons to be utilized as blended and make-up lessons for adults, Facebook Live for blended lessons for adults, Live Zoom lessons for blended lessons for adults and youth, and Google site lessons for blended and make-up lessons for youth. We will also utilize secure Google forms to collect pre and post program data. All high-level strategies will replace or supplement required lessons and support retention and engagement of program participants. A minimum of 30 minutes is required dosage to count as a replacement lesson. Dosage will be tracked on participant teaching records. Success will be determined by reviewing WebNEERS data to compare outreach, retention, graduate, and impacts among participants who engage in high-level technology and those who do not. Through 2020 and most likely into early 2021, NC State will be in a temporary remote delivery mode utilizing all levels of technology to promote, recruit, retain, and engage participants. All levels of technology described outlined in these strategies build upon existing efforts by NC State. Our curriculum, Families Eating Smart and Moving More utilizes recipe and physical activity videos, contains prompts for "media moments" and links to helpful websites and apps. Our staff are trained uses a blended strategy of online and face-to-face training to help them understand our technology strategies from the beginning of their employment. Staff are also supported by professionals at the state level with expertise in technology and social media. Social Distancing has changed the way EFNEP Educators conduct programs. School systems are no longer allowing external partners to come in and teach and adult organizations are also limiting outside instructors. Social Distancing may continue for the next couple of years. Class recruitment will move from less face to face to a virtual platform or a hybrid of the two. A platform to house interactive curriculum is currently being discussed. Educators are currently and will continue using, Zoom, Facebook Live and recorded videos to engage and teach limited resource families. In more rural areas where internet is an issue Educators will use the phone and the mail system to conduct lessons.

Volunteer Use

NC State University anticipates utilizing all levels of volunteers. Agency-paid volunteers are our primary contacts to help connect with our target audience. They identify space, help with recruitment, and help with the cost of food demonstration supplies. Educators will provide introductory training that assists our agency-paid partners to promote the program to their clients. All other volunteers will complete the designated sections of EFNEP New Volunteer Educator Skills Training (ENVEST) developed by NC State University. ENVEST is a blended online and face-to-face training tailored to address the specific knowledge and skills needed by EFNEP volunteers. Additionally, Faithful Families volunteers will include an additional module designed specifically for lay leader volunteers. Non-agency volunteers will be recruited from past program graduates, individuals wishing to gain job experience, 4-H teen leaders, or lay leaders within faith communities. Non-agency volunteers will receive training according to the level of engagement they wish to have with the program and may help with anything from securing program resources, preparing lesson materials to assisting with lesson presentation. Student interns will work alongside EFNEP Educators and/or professionals to gain experience in Extension and EFNEP programming. They may assist with some state level responsibilities such as development of social media content or preparation for staff training or they may assist an educator with lesson preparation and delivery. NC State University may have a limited number

of formal volunteers who are trained through either an existing training such as Extension Master Food Volunteers or Faithful Families and ENVEST or ENVEST exclusively. A proposal with additional details has been sent to the National Program Leader for approval of the Formal Volunteer program.

Inter-Organizational Relationships

Agencies, Organizations and Other Partners	Primary Type of Relationship
1862/1890 Partner Institutions	Collaborator
State Department of Education	Coalition
State Department of Health	Collaborator
State SNAP Office	Cooperator
State Child Nutrition Programs	Cooperator
State Head Start Association	Coordinator/Partnership
State Nutrition Network	None
TEAM Nutrition	Network
WIC	Collaborator
State Dietetic Association	Network
Food Banks of NC	Collaborator
SNAP-Ed, Steps to Health	Coordinator/Partnership

Description

NC State University has collaborator level relationships with NC A&T State University, our 1890 land-grant, The NC Department of Health and Human Services, WIC, and the Food Banks of North Carolina. Our partnership with NC A&T State University began as a strategic plan developed in 2006. Our universities coordinate the development of state guidelines, staff training, and curricula selection. We work together to develop our plans for Social Media and Technology, Volunteer Development, and for policy, system, and environmental changes. We collaborate on program location, program management processes and procedures, and resource sharing. To help prepare our program for the 2020-2024, our universities partnered in 2019 to hold nine listening sessions across the state on the role of nutrition education in improving the health of North Carolina residents. These listening sessions served to help us prepare for collaborative and coordinated goals for our programs. The NC Department of Health(DHS) which includes WIC fall and Community and Clinical Connections for Prevention and Health (CCCHP) have been partners for a number of years. Our WIC partnership began in 1994 and our CCCHP partnership in 2005. WIC partners with our educators at a local level to reach participants. Likewise, CCCHP has included EFNEP as the direct education for many of the CDC initiatives in our state. Both continue to partner with EFNEP in the development of our adult curriculum, *Families Eating Smart and Moving More*. In addition, this past year, NCCARE360, another division within DHS, is partnering with EFNEP in the development of a statewide resource directory that includes EFNEP as a nutrition resource. This directory will be integrated into health care system’s EPIC database to make the referral process easier for health care providers seeking community resources to assist patients with issues around the determinants of health. EFNEP partners with the Food Banks to extend programming to participants in greatest need. These partners have established protocols, help with recruiting, provide space to teach and conduct food demonstrations, and provide supplies to complete food demonstrations on site with their clients. EFNEP professionals work with agents to coordinate work in the county that will lead to greater access to affordable local foods for our audiences. At several sites, we have worked with agents to initiate environmental changes within the pantry such as

encouraging the selection of healthy foods by placing fruits and vegetables at eye level and establishing a kitchen equipment lending library. The State Department of Education establishes the standards for NC Schools. Through our coalition, we assure that EFNEP curricula for in-school delivery of nutrition education meets the Healthy Living standards as well as EFNEP priorities for each grade level. EFNEP has collaborated with Head Start to develop a teacher and parent education series that is now being offered across our state. The initial pilot was conducted in 2016. This pilot led to revisions to the project in 2018 and the organizations are working together to further develop the project through the submission of a proposal for funding. SNAP-Ed, Steps to Health and EFNEP have developed a strategic plan for coordination of our programming and to cost-share state-level positions in order to maintain the majority of funds for program delivery in the counties. We are coordinating program locations and utilize our partnership to build on each other's strengths. EFNEP and SNAP-Ed,STH staff will be coordinating PSE work in EFNEP counties through a common plan for targeted PSE efforts. In EFNEP counties, PSE efforts will support direct education efforts to achieve broader community impact making the healthy choice the easy choice. The remaining partnerships are building.

Delivery Sites and Partnerships

Types of Sites/Locations	# of Different Delivery Sites/Locations	# of Community Partnerships
Adult Education & Training Sites	24	21
Adult Rehabilitation Centers	2	1
Places of Worship	25	24
Community Centers	16	16
Emergency Food Assistance Sites	3	3
Extension Offices	7	7
Farmers Markets	1	1
Food Stores	0	0
Head Start Sites	22	23
Health Care Sites	10	8
Libraries	2	2
Other Youth Education Sites	9	9
Public Housing	7	7
Schools	98	95
Shelters	2	2
SNAP Offices	0	0
WIC Program Sites	4	4
Worksites	2	2
Other	2	2

Description of DSPs

NC State University EFNEP over the last several years have developed relationships that can help to promote PSE efforts within the communities we serve. Long-term relationships include the Division of Public Health and faith communities. Newer relationships have been formed with East Carolina University and the State Head Start Program, SNAP-Ed, Steps to Health, and most recently, organizations involved in a regional Medicaid Transformation Pilot Opportunity. In developing our plan for the coming year, we have aligned EFNEP's role to complement the role of other partners. Specifically, EFNEP will work with partners to initiate and support PSE change in the following ways:

1. Regional Nutrition Extension Associates (RNEAs) will facilitate the coordination of complementary programming with EFNEP Educators and FCS Agents in all communities. The adult curricula used include PSE prompts for educators. RNEAs will assure that EFNEP educators reach out to appropriate partners in accordance with community need and opportunity.
2. Specifically in sites where low-income youth are served, EFNEP educators will do the following. Prior to recruitment of school or after-school site, EFNEP Educators in both school and after-school settings will meet with FCS Agent to develop a plan for complementary programming. EFNEP Educators will support PSE through direct education of youth, FCS Agents will provide teacher and parent education to include concepts highlighted in the School Action Plan (if created). Support PSE initiatives in community sites where youth receive nutrition education, such as after school and summer feeding sites (Boys & Girls Clubs, YMCA, housing sites, Salvation Army, etc) by integrating concepts and policy change goals identified by the site and facilitated by FCS Agent and/or Regional Nutrition Extension Associate (RNEA).
3. NC EFNEP is piloting a coordinated Head Start project with a focus on direct education and PSE. In these settings, the EFNEP educator will do the following. Prior to recruitment of Head Start settings, EFNEP Educators will meet with FCS Agent to develop a plan for complementary programming. Educators in Head Start settings will support PSE through direct education to teachers and parents by integrating concepts and policy change goals identified by the site and facilitated by FCS Agent and/or RNEAs. Educators will complement FCS Agent and/or 4-H Agent in the implementation of Color Me Healthy through direct education to teachers helping them to create an environment within their classroom that supports and encourages healthy eating and physical activity.
4. Additional PSE initiatives will be addressed by professional staff. RNEAs will utilize, in counties where there is no FCS presence, Steps to Health toolkits to work with local staff and parents to help facilitate PSE interventions to make the healthy choice the easy choice at retail food outlets, food pantries or food banks, farmers' markets, workplaces, community parks, and greenspaces, faith communities, and community hubs.

Program Impact

Testimony from an EFNEP online Participant

Date

04/21/2020

Focus**Core Areas**

Diet Quality

Secondary Areas

Technology

People**Staff**

Paraprofessional

Participant

Adult

Key Words

Disease Prevention

Weight Management

Positive Impact on Family

Improved Overall Health

Background

North Carolina entered a stay-at-home order in mid-March. It was at this point that families were extremely limited in their ability to leave their home and schools and preschools were closed. Particularly during this time, families were in even greater need of nutrition education that they could readily use. As part of a temporary remote educational strategy, North Carolina gave permission for our staff to utilize six pre-recorded online lessons from our Families Eating Smart and Moving More curriculum and offered them through eXtension's Moodle platform. Below is a statement from one of the participants who utilized these lessons to help her family.

Outcomes / Impacts

I wanted to try something new during this COVID19 pandemic. We have been in the house for weeks and doing the same thing every day is starting to get boring. So I decided to take the online classes I saw posted on the Mecklenburg cooperative extension website. I enjoyed the classes so much that I completed all of them in just a few days! The videos are very good and explained the information in very practical ways. I was not intimidated at all. Everything was easy to understand. I have 3 children in my home and I cook every day. I also had my kids watch some of the videos with me. They were short enough to keep their attention. We used to drink lots of sugary drinks and eat large amounts of unhealthy snack foods. We would eat a whole big bag of chips almost every day. After watching the videos I am trying to teach my children to eat smaller portions and drink healthier drinks. I thought I was getting the most for my money and I learned that I was not. Now when I go to the store I am going to try to get quality foods (foods filled with vitamins and nutrients) instead of just a large quantity of food. Thank you for offering these free classes. I will be referring some of my friends to you.

Program Priorities this Impact Relates to (if applicable)

Program Impact

Mother and Daughter participate in Live Zoom Series

Date

06/23/2020

Focus**Core Areas**

Diet Quality

Secondary Areas

Technology

People**Staff**

Paraprofessional

Participant

Adult

Youth

Key Words

Personal Growth/Confidence

Improved Overall Health

Background

During the stay-at-home order as a result of the pandemic, the Expanded Food and Nutrition Education Program (EFNEP) responded to the need for nutrition education offered to families using remote technology delivery. In Pasquotank County, the EFNEP educator offered live Zoom lessons to families using the Families Eating Smart and Moving More curriculum. One participant shared how the lessons helped her and her daughter. Her testimony is below.

Outcomes / Impacts

It has been difficult to balance teleworking and homeschooling when my family was so used to being on a schedule with going to work, daycare, school and extra activities. My daughter is 9 years old and loves to do hands-on activities to include crafts and cooking. When I found out about the Expanded Food and Nutrition Education Program's (EFNEP) weekly Zoom sessions, I signed up immediately. I was excited to know that we were not only learning healthy eating habits but learning how my daughter can be independent and comfortable in the kitchen. Although the classes were designed for adults, the educator adapted her presentation to include our children. My daughter is a picky eater and each session she has participated in gives her a chance to try new food items. She has so enjoyed showing her finished product during the classes as we try the recipes together. It has been a great help to me in understanding different things that can be substituted or added to make a meal more appealing to her. As a family we have used this new knowledge daily as we make our shopping list and meal prep for the week. The Zoom sessions have given us not only something to look forward to on Thursday afternoons, but it has provided something steady in this time of uncertainties.

Program Priorities this Impact Relates to (if applicable)

Program Impact

Tasty Tuesdays with EFNEP

Date

05/19/2020

Focus**Core Areas**

Diet Quality

Food Safety

Secondary Areas

Technology

People**Staff**

Paraprofessional

Partner/Collaborator

Participant

Youth

Key Words

Personal Growth/Confidence

Improved Overall Health

Background

In the beginning of March 2020, our world, and more closely our local communities took an unprecedented turn. What we were accustomed to as "normal life" changed drastically. Businesses, schools, workplaces and other entities closed leaving families already considered to be limited resources, in an even more vulnerable place. Some parents are out of work while others are known as "essential" to the health and safety of our local communities. The parents who are still working have to leave their children at home or in the care of someone else. There is also talk in the local news of possible food shortages, which makes a bad situation worse. EFNEP, along with the Boys and Girls Club of Wayne County, wanted to help youth during this unprecedented time. They felt that since youth were home, it would be helpful to provide some of their learning through virtual classes and also teach them how to make healthy, nutritious recipes. They also wanted recipes that youth could do themselves, with fewer ingredients and be prepared using a microwave. The EFNEP educator began making weekly 'kid friendly' recipe videos that were uploaded to the Boys and Girls Club's social media pages. The sessions were titled, "Tasty Tuesdays with Taishon". The Boys and Girls Club purchased and provided all of the recipe ingredients for the youth participants. The parents picked up the bags of packaged recipe ingredients each week for their children.

Outcomes / Impacts

The responses from the children and parents were all very positive. One quote from a parent stated the following, The kids absolutely LOVED the pizzas!!! They said this is the best thing we've made!!! Not just thumbs up but enthusiastic thumbs up!!!! The partnership not only taught children how to cook and be safe in the kitchen but also gave them a sense of personal responsibility. They are trying new fruits and vegetables (and foods in general) that they may not have been exposed too. We are making positive changes during this unprecedented time one child at a time.

Program Priorities this Impact Relates to (if applicable)