Congressional District 2
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

North Carolina’s Challenges

• In North Carolina, 1 in 5 children live in poverty.
• North Carolina’s adult obesity rate is currently 32%.
• 15.2% of 2- to 4-year-olds from low-income families are obese. This makes us the 16th most obese state.
• North Carolina has the 15th highest rate of diabetes and the 11th highest rate of hypertension.

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 2019, EFNEP served 45 counties in North Carolina. Participants learned how to:

• Make wise food choices
• Increase daily physical activity
• Manage food resources
• Practice food safety

In 2019:

- 97% of EFNEP participants improved dietary intake.
- 65% now practice daily physical activity.
- 94% practice better food resource management.
- 92% have improved their food safety habits.

EFNEP Reaches Diverse Audiences in District 2

In 2019:

- 312 families enrolled in EFNEP
- 733 participated in 4-H EFNEP

80% of EFNEP participants enrolled in one or more food assistance programs.
2019 NC Cooperative Extension Congressional District 2 Report

Congressional District 2
EFNEP programs obtained over $53,174 in funding and support from local efforts.

EFNEP SUCCESS

Knowledge and Tool to Practice Helps Participant Cook Food Safely

EFNEP in Johnston County partnered with a healthcare corporation to provide an on-going nutrition education program to their in-patient rehabilitation program groups. EFNEP helps participants make small changes through a series of hands-on lessons that include food preparation. As encouragement for participants to practice what they learn at home, EFNEP offers skill builders (small kitchen equipment) that aid participants in healthy food preparation. One item offered this year was a food thermometer.

One participant expressed her excitement of having used a food thermometer for the very first time. “That’s the best tool you could have ever given me. I cooked pork tenderloins a couple of weeks ago and I used the food thermometer according to the temperatures that we talked about in class. The tenderloins were so tender. Before then, my meats would be undercooked or overcooked. But that time it was just perfect.”

By providing both the knowledge and tools that participants need to prepare healthy foods safely in their own home, EFNEP helps participants make and sustain positive changes.

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