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.

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 Makes a Real Difference in Pitt County
84% of EFNEP participants improved dietary intake.
45% now practice daily physical activity.
46% practice better food resource management.
66% have improved their food safety habits.

Volunteers Strengthen EFNEP
In 2018, 62 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

2018 NC Cooperative Extension Pitt County Report
Students Learn to Like Vegetables

Nutrition is the fundamental bridge between food and health. Inadequate fruit and vegetable consumption is linked to overweight, obesity, diabetes, heart disease, and hypertension. The Expanded Food and Nutrition Education Program (EFNEP) offers a series of nutrition classes and provides a tasting of a healthy recipe during each lesson.

During a recent series to a group of high school students, the EFNEP Educator noticed a student who was somewhat hesitant to try the vegetables that were provided as a tasting. The student stated that she really didn’t eat any vegetables because she doesn’t like them. The educator encouraged the student to try the vegetables and explained the importance of eating nutritious snacks and meals in order to grow up healthy. The educator further explained the benefits of eating fruits and vegetables and provided a list of the many vegetables that the student could try. The student finally tried the vegetables that the educator shared as part of the lessons and found that she enjoyed the recipes that included vegetables.

At the end of the series, the teacher stated that she had lost a few pounds and she received a good report from her doctor. Because of EFNEP, this teacher is now improving her physical activity and continues to make healthy eating choices.

Other students in the group increased their vegetable consumption as well. As a result of the EFNEP program 62% of the students participating in this group improved their vegetable consumption.