



2019 BY THE NUMBERS

IMPACT REPORT

OUR GOAL

Based at NC State, we educate and inspire limited-resource North Carolinians to eat smart and move more

OUR EDUCATORS

Live in the counties where they work and are committed to delivering evidence-based programming to their communities

OUR IMPACT

Building healthier communities by increasing knowledge & shaping the environments where limited-resource people live, learn, work, shop, and play

7,392

PEOPLE ATTENDED NUTRITION CLASSES



59

NC COUNTIES



45%

NOW MAKE HEALTHIER FOOD CHOICES

NUTRITION EDUCATION

HEALTHY ENVIRONMENT

145,087

PEOPLE WITH IMPROVED POLICIES, SYSTEMS OR ENVIRONMENTS



121

COMMUNITY SITES & SCHOOLS

IN THEIR OWN WORDS

"My favorite part is how open my child is to trying new foods, and choosing healthy alternatives to sweets."

-Parent, Davidson County

"The students started to have their own conversations throughout the day about healthy eating habits."

- Teacher, Greene County

"Students asked me to bring the foods they tried for snack time, like snap peas. Students that bring lunch from home started bringing foods they had tried in the taste tests."

- Teacher, Davie County

"I began eating healthier while attending Take Control classes, and I lost six pounds before the program ended!"

- Adult participant, Northampton County

NC STATE

EXTENSION



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP

This institution is an equal opportunity provider.