



## NC COOPERATIVE EXTENSION - STATEWIDE IMPACTS Week Ending 5/22/09

- ◆ In spite of the current economic conditions, constructing streambank buffers continues to be a way for many small landscapers to generate income. Most of these projects require the landscaper to be registered, which limits these projects to certain businesses only. **Recently, a newly Registered Landscape Contractor in Transylvania County was awarded the contract for an urban streambank project. This project resulted in over \$100,000 in new economic impact for the area and over \$30,000 in new income for this landscaper and the nurseries supplying him. Without the training provided by NC Cooperative Extension, this company would not have been able to bid on this project.** As the municipality submitting this contract wanted the project to be kept locally, they contacted our horticulture agent. This allowed him to share the bids with all of the local Registered Landscape Contractors.
- ◆ The Halifax County School System has some real academic challenges with high poverty rates, and low education rates amongst their children's parents. As a result, the young people in the county have not been inspired to perform well in school. In an effort to help with this low academic achievement, Halifax County 4-H has partnered with the *Century 21 Afterschool Program* to provide 4-H research based curriculum to some of these students. **As a result, students in this program are now able to apply learning in a hands-on environment and see that learning can be fun as well as educational. Those students participating in this program have showed improvement in their grades over the last two months and also have improved their attitudes toward learning while in school.**
- ◆ Obesity/overweight rates continue to rise in NC, with two-thirds of adults being overweight or obese (*NC Prevention Partners, www.ncpreventionpartners.org*). In NC, 25% of adults get no physical activity at all and only 42% of adults are getting enough physical activity. Physical inactivity costs each NC resident \$1,013 per year. Poor nutrition/overweight/obesity costs each NC resident \$1,366 per year. NC Cooperative Extension offered two *Eat Smart, Move More, Weigh Less* classes in collaboration with the Brody School of Medicine, with 31 participants completing the 13 session, one-hour classes. **In total, they lost 210.01 pounds and 67.25 inches. As a result of program participation, 23 participants reported exercising at least 30 minutes daily, thus having a yearly NC cost savings of \$23,299. All participants reported eating healthier, thus having a potential yearly NC cost savings \$39,614.**
- ◆ A Dare County resident who completed the *Eat Smart Move More Weigh Less* program called our Family and Consumer Sciences Agent after a recent medical appointment. **During the program, she lost 38 pounds and reduced her BMI by 7 units. In addition to the weight loss, she reported that after completing the program her total cholesterol dropped by 43 points, LED went down 30 points, triglycerides decreased 40 points, and HDL went down 3 points.** Her doctor acknowledged this was a great improvement in just one year. She also stated that "this health improvement was a side benefit to the weight loss as I feel so much better and have more energy than I have had in years!" **Through this individual's achievement, North Carolina has saved \$2,384 in the associated medical costs of excess weight.**
- ◆ **Due to the *Eat Smart Move More Weigh Less* (ESMMWL) Program, 12 participants lost a total of 138.5 pounds over an 18 week period. In addition to weight loss, reduced BMI, waist circumference and blood pressure, two individuals, in particular, gave all the credit to ESMMWL.** At the first session, Faye Hobbs discovered that she had dangerously high blood pressure which prompted her to see a physician. She then found out that she also had very high cholesterol. **By following the program, losing weight and exercising, Faye was able to get both risk factors in line and avoided having to be put on medication. This also reduced her chances of developing chronic diseases significantly. Linda Miller, another participant, sited that due to the program she "finally", at age 60, gave up sodas and is now drinking homemade, unsweetened green tea, with all its health benefits.**