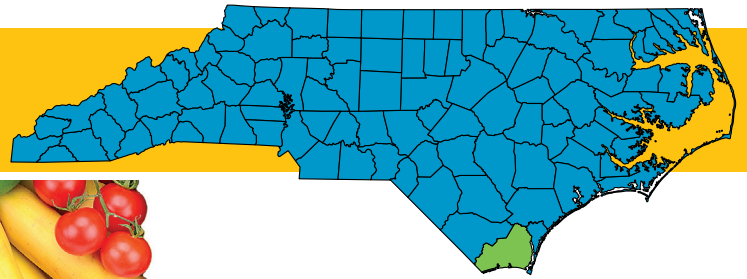




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Brunswick County Report

North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **30%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **7th** most obese state.
- North Carolina has the **18th** 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 Reaches Diverse Audiences in Brunswick County

In 2016: **47** families enrolled in EFNEP
91% of EFNEP participants enrolled in one or more food assistance programs.


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 2016, 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

EFNEP Makes a Real Difference in Brunswick County

 **97%** of EFNEP participants improved dietary intake.

 **40%** now practice daily physical activity.

 **94%** practice better food resource management.

 **81%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **2** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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Brunswick County
EFNEP programs obtained

\$12,442

in funding and support
from local efforts.

EFNEP SUCCESS



By the end of the 10-class series, participants had made tremendous changes. Specifically, 58% reduced their intake of solid fats and added sugars. Additionally, 40% of the participants had increased their daily physical activity.



EFNEP Participants Reduce Their Risk

The Brunswick County Community Health Assessment reported an estimated 29% of Brunswick County adults were obese and 20.5% reported low levels of physical activity. Being overweight or obese and inactive is associated with many diseases such as diabetes, cancer, hypertension, heart disease, cancer and complications during pregnancy. Consuming a healthy diet and engaging in daily physical activity are key strategies to reduce overweight and obesity and the health risks associated with these conditions.

To address this issue, the Expanded Food and Nutrition Education Program (EFNEP) operating through the Brunswick County Cooperative Extension partnered with community resource centers, head starts, and the community college to deliver a series of hands-on nutrition education classes to low-income families with young children and pregnant women. Throughout the series, participants learned how to make healthy food choices and how to incorporate daily physical activity into busy schedules. As a part of each class, participants were introduced to healthy recipes that they tried and learned how to make during the class. Every class also included time for participants to learn a new physical activity designed to be easily incorporated into their day.

By the end of the 10-class series, participants had made tremendous changes. 97.2% of graduates from the program made a positive change in at least one food group. Specifically, 58% reduced their intake of solid fats and added sugars. Additionally, 40% of the participants had increased their daily physical activity.



EFNEP Helps Families Save

Telling low-income families that they need to eat more fruits and vegetables for good health is of little value if families don't have the skills to manage their resources to purchase and prepare these foods for their families. EFNEP teaches families how to manage their food resources including WIC, SNAP and cash to feed their families healthy meals throughout the month. This past year 94% of participants showed improvement in at least one food resource management skill and 75% of families reported that they less often ran out of food before the end of the month.

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