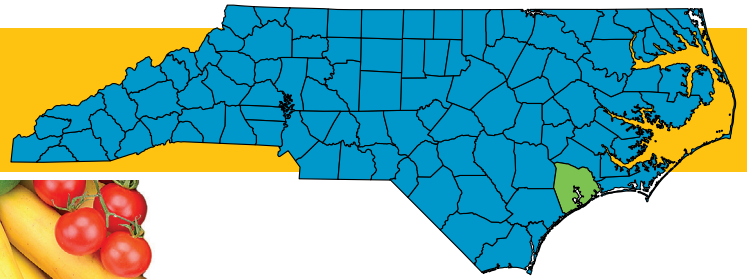




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Onslow 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 Onslow County

In 2016: **262** families enrolled in EFNEP
98% 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:

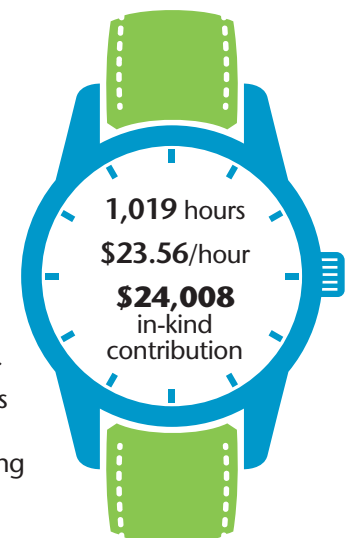
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Onslow County

- 97%** of EFNEP participants improved dietary intake.
- 33%** now practice daily physical activity.
- 74%** practice better food resource management.
- 40%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **20** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2016 NC Cooperative Extension Onslow County Report

Onslow County
EFNEP programs obtained

\$18,511

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Program Shares Important Information for Baby's 1st Year of Nutrition

After one EFNEP lesson delivered at the WIC clinic at Camp Lejeune, a participant with a 14-month-old shared that she felt as though she had never received a nutrition lesson for her daughter until that day. She was very grateful for what she had learned during the class. Prior to the class, she understood that "skim milk is the healthiest option" and did not understand why she was given vouchers for whole milk instead of skim milk for her daughter. The young mother had been diluting the whole milk to make it more similar to skim milk. After the lesson, the mother stated she would no longer follow that practice and now understands the importance of healthy fats in whole milk for her child's brain development.



EFNEP Provide Farmers' Market Tours for Military Families

For the past two years, the Expanded Food and Nutrition Education Program (EFNEP) through Cooperative Extension in Onslow County partnered with the Office of Marine Corps Liaison and External Relations at Camp Lejeune, the Onslow County Farmers' Market Manager and Women, Infants, and Children (WIC) at Tarawa Terrace to conduct the first farmers' market tour for military families. The tour connects farmers serving the community, some of whom are wounded warriors, to families with the greatest need in the military community.

Helping families learn strategies to improve their overall health and well-being is a goal of EFNEP. One strategy emphasized is the consumption of more fruits and vegetables. The EFNEP Program Assistant coordinated the farmers' market tour so that participants would be able to connect with the personnel at both the market and WIC in addition to participating in a lesson. To begin the tour, the Program Assistant taught the participants about the importance of eating a variety of fruits and vegetables. The Farmers' Market Manager spoke with them about the history of the market, and alongside the Program Assistant, helped conduct the tour. The manager also discussed job opportunities available to the military wives. A WIC nutritionist provided information about how WIC vouchers can be used at the market and offered assistance with the application process.

Local vendors and farmers at the market talked with participants about their products and allowed them to sample fruits and vegetables. Participants were given time to explore and ask questions of the staff. At the end of the tour, participants received a goody bag with EFNEP recipes specific to the foods found at the market, a kitchen utensil, a discount coupon to a local restaurant, and two \$3 vouchers for produce.

As a result of this collaboration, these military families feel more comfortable using the market and have been using their WIC farmers market vouchers, resulting in increased market attendance. Such collaboration has also created new activities to help people eat local, eat healthy, and do so within their budgets.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



NC STATE UNIVERSITY

