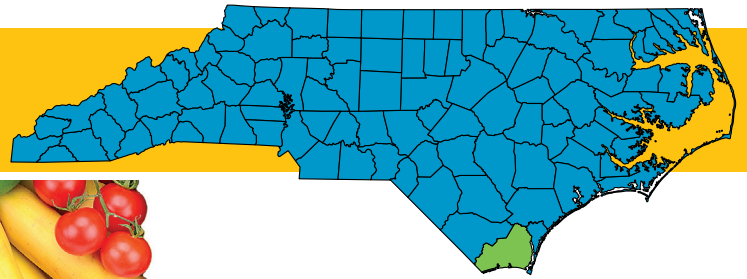




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 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 **31.8%**.
- **15%** of 2- to 4-year-olds from low-income families are obese. This makes us the **17th** 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 Reaches Diverse Audiences in Brunswick County


In 2017: **15** families enrolled in EFNEP
93% 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 2017, 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

 **30%** of EFNEP participants improved dietary intake.

 **13%** now practice daily physical activity.

 **88%** practice better food resource management.

 **38%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **4** 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

\$12,427

in funding and support
from local efforts.

EFNEP SUCCESS



Participants gained skills to help them make eating healthy and being active a lifestyle change.



EFNEP Basics Help Participant with Weight Loss Goal

The Expanded Food and Nutrition Education Program (EFNEP) partnered with a local weight loss group to offer a series of classes. Although EFNEP is not an actual “weight loss” program, the EFNEP Educator agreed to work with the group with the understanding that she would provide direct education to participants on topics such as MyPlate, portion control, stretching food dollars, moving more, food safety/storage tips, and preparing and eating more meals at home.

Throughout the series of classes participants learned how to prepare easy, healthy meals for themselves and their families. They also learned how to incorporate more physical activity into their day. The EFNEP Educator shared with them how to incorporate simple activities such as walking and stretching as a way to move more. Participants gained skills to help them make eating healthy and being active a lifestyle change.

During one of the classes a participant shared that she did not realize she was consuming bigger portions of food than needed. She stated that before she learned about portion sizes through EFNEP, she was feeling a little discouraged because she wasn’t losing much weight. Now she knows that by changing her portion sizes and including physical activity in her day, she feels confident that she will lose the weight she desires. This caused great excitement in the group and motivation. They plan to keep using the teachings, strategies and recipes received through EFNEP and plan to share their progress in meeting their weight loss goals. The coordinator for the partner program also stated that she would promote EFNEP by sharing her group’s EFNEP experience with other groups in the county.



Family Diet Improves Using EFNEP Recipes

At the beginning of an EFNEP series with young parents, participants stated that they didn’t feed their families certain vegetables because they, themselves, didn’t like them. The EFNEP Educator encouraged participants to try a new vegetable or even one they didn’t like during each of the classes. During one lesson, a participant who had shared she didn’t like onions, stated that after tasting them in EFNEP’s Super Stirfry, she actually liked the taste. She further stated, “I am going to make this for my family tonight.” By the end of the series, the young mother said she is using what she learned through EFNEP to help her family try new vegetables and eat healthier meals at home.

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