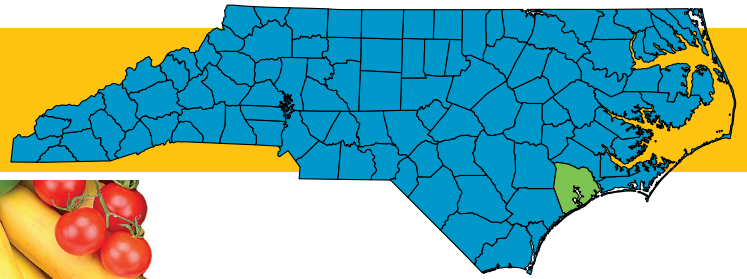




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 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 **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 Onslow County

In 2017: **1,304** families enrolled in EFNEP


100% 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 Onslow County

 **96%** of EFNEP participants improved dietary intake.

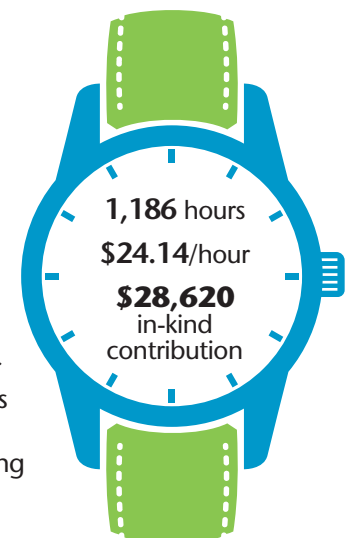
 **59%** now practice daily physical activity.

 **92%** practice better food resource management.

 **71%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **20** 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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Onslow County
EFNEP programs obtained

\$15,893

in funding and support
from local efforts.

EFNEP SUCCESS



Onslow County EFNEP participants applied new skills they learned to greatly reduce their risk of chronic disease



Military Family Is Active Together

During a recent EFNEP lesson, a young military mom with two small boys expressed interest in participating in a group walking class. She wanted to become more active and lose weight. However, she wouldn't sign up for the class because she didn't have anyone to care for her children while she walked. Upon being told that she could bring her little ones to the walking class, she immediately signed up. The young mom, her two small boys (being pushed in a double stroller) and the EFNEP Educator started walking together three times a week (started March 2017.) During their walks, they would discuss healthy recipes, ways to incorporate more fruits and vegetables in their diets, and many other topics. By the end of May, the young mom shared with the EFNEP Educator that she had lost eleven pounds just by walking three times a week and including more fruits and vegetables in her diet. She also shared that she was so glad that she could include her children on her walks.

This young mom found that EFNEP encourages adults and their families to be active. The children now ask to go on daily walks with her and are excited to attend the group walking class. Without a doubt EFNEP has given this young mom a jumpstart to her weight loss by encouraging her to be active.



Reducing Risk of Chronic Disease

Reducing solid fats and added sugars is important to reducing one's risk for obesity and many chronic diseases. Onslow County EFNEP participants applied new skills they learned to greatly reduce their risk. An analysis of a 24-hour pre-and post- food recall, revealed that 61% of EFNEP graduates reduced their intake of solid fats and sugars as a result of the program.

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