



## 2018 NC Cooperative Extension Brunswick County Report

### North Carolina's Challenges

- In North Carolina, **1 in 5** children live in poverty.
- North Carolina's adult obesity rate is currently **32%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **16th** 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 2018: **103** families enrolled in EFNEP

**87%** 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 2018, 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

- 96%** of EFNEP participants improved dietary intake.
- 80%** now practice daily physical activity.
- 86%** practice better food resource management.
- 78%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2018, **12** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



# 2018 NC Cooperative Extension Brunswick County Report

Brunswick County  
EFNEP programs obtained

# \$23,004

in funding and support  
from local efforts.

## EFNEP SUCCESS

### Young Mom Improves Cooking Skills and Makes Healthier Meals

The Expanded Food and Nutrition Education Program (EFNEP) partnered with Smart Start ESL families in Brunswick County to offer a series of classes.

Upon entering the program, many of the young moms felt overwhelmed with meal preparation for their families. With all of the day-to-day tasks, just getting a meal on the table was their priority (even if it wasn't healthy). Many of them lacked basic cooking skills and didn't understand that having a plan in place would save them time and money. These young moms were eager to learn. During the cooking portion of each session, they would practice what they learned and be ready to prepare the recipes at home.

One participant, stated that at the beginning of the EFNEP series, meal preparation was a challenge. It consumed a lot of her time as she was always trying to figure out what she would cook expressing that it seemed to be an "all-day" job.

This participant really put into practice what she learned through EFNEP. She reported she is now able to cook healthy meals for her family in less than 30 minutes using the EFNEP recipes. With the extra time, she is able to help her older children with homework and spend more leisure time with her family.

The ESL Program Coordinator expressed how she had also gained a lot from the classes and would be recommending EFNEP to all of her ESL parents.

### Participant Learns Small Changes Can Save Money on Groceries

The Expanded Food and Nutrition Education Program recently partnered with Brunswick Housing Opportunities (BHO), an organization that provides education to limited resource residents seeking home ownership, affordable rentals or help to save their homes from foreclosure. According to a study conducted by researchers from the University of North Carolina at Chapel Hill, more than 5,000 households in the county are paying more than 50 percent of their incomes in housing. This does not leave much money for food or other household expenses. Through the partnership, the EFNEP Educator provided a series of nutrition education classes to BHO participants and staff.



While all of the information included in the EFNEP lessons is important, the educator especially focused on helping participants stretch their food dollars by providing money saving tips (i.e., couponing, using store fliers to find weekly deals, etc.).

Participants expressed great excitement because they had practiced what they learned from the lessons.

One participant stated that she never knew how making small changes could make a difference in the amount of money she could save. In a single transaction, she saved a couple of dollars. She also stated that she had started making a grocery list and planning her family's weekly meals around sale items found in her local grocery store's ad. She was extremely proud of herself for taking steps to break old habits and implement new ones.

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.

