



## 2018 NC Cooperative Extension Duplin 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 Duplin County

In 2018: **1,615** youth participated in 4-H EFNEP in Duplin County

### 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 Duplin County

- 82%** of EFNEP participants improved dietary intake.
- 35%** now practice daily physical activity.
- 51%** practice better food resource management.
- 68%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2018, **77** 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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Duplin County  
EFNEP programs obtained

\$40,342

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Student Enrolled in EFNEP Convinces Foster Mom to Give the Program a Try

For most kids, preparing their own foods can be fun and exciting! Youth who are able to touch and taste foods (through hands on food preparation) are more likely to try them and continue to eat them. Children who take part in regular family meals are also more likely to eat fruits, vegetables, and whole grains.

A fifth grader enrolled in EFNEP at a local elementary school shared with the EFNEP Educator that she wanted her foster mom and siblings to know as much about healthy eating as she was learning through the in-school series offered by EFNEP. The young girl explained that she would be adopted by this family and wanted them to also have the experience. The EFNEP Educator met with the student and her family and reviewed the recommendations for healthy eating the student had been learning in school. Together, the student, her foster mother and siblings, and the EFNEP Educator reviewed recipes from the EFNEP cookbook, and talked about using the recipes to plan family meals. The mother explained that she found it hard to prepare foods for her four foster children. She continued to explain that all of her children were picky eaters and highly selective when it came to mealtime. The EFNEP Educator explained to the parent that youth enjoy being involved in mealtime planning and preparation. She also explained that mealtime is also a great way for parents to introduce kids to new foods and to be role models for healthy eating.

Following their time together, the foster parent reported that she and her family were now planning, preparing, and eating healthy meals together as a family. After almost three months of doing this, it is becoming a norm within their household.



### EFNEP Educator and Principal Seek Creative Solution to Help Students Meet Daily Physical Activity Recommendation

Studies show that young children who learn healthier habits are more likely to maintain them as teens and adults. Such habits include being physically active and consuming healthier foods.

In Duplin County Schools, youth are required to participate in a physical activity class for 40 minutes, three days each week. For the three days students were engaged in physical activity, each day fell short of the recommendation for activity by 20 minutes. While, the EFNEP Educator understood that it would be almost impossible (due to required classroom instruction hours) for each student to get 60 minutes per day as part of their class, she committed to finding a solution that allowed students to get the additional 20 minutes each of the designated physical activity days. When she explained this to the principal, they both agreed that a solution was needed.

Working together, the EFNEP Educator and the school principal found a creative solution. The two calculated that if they could include physical activity as a part of the change from one class to another, there was the possibility of adding 20–30 minutes a day of additional physical activity. This meant that on days students engaged in a physical activity class, they would be meeting the recommended 60 minutes a day of activity.

The principal agreed to play music through the school's PA System during each of the class changes throughout the day. While students were changing classes, they would be allowed to dance in the hallways as long as they were in route to their next class. The students had so much fun showing off their dance moves that they didn't even realize that they were being physically active.

As a result of this change, students went from falling short on the recommendation for daily physical activity to meeting the recommendation three days a week while at school.

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