

2018 NC Cooperative Extension Johnston 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 Johnston County

In 2018: **103** families enrolled in EFNEP


59% 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 Johnston County

 **95%** of EFNEP participants improved dietary intake.

 **86%** now practice daily physical activity.

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

 **94%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **44** 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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Johnston County
EFNEP programs obtained

\$19,735

in funding and support
from local efforts.

EFNEP SUCCESS



Family Saves on the Cost of Food

The EFNEP Educator followed up with a participant three months after graduation. The participant shared, “Last week I spent \$72 on my food for the week. Before the program, I was spending about \$180–200 a week. Since then, I’ve cut back on spending considerably.”

“I do everything we discussed on how to save money on food. I plan weekly menus, analyze my resources and what things I have on hand. I prepare my shopping list and compare everything by unit pricing. I started to buy store-brand products instead of name brands, and I use coupons as much as I can. I also use leftovers often and I make every effort to not let food go to waste.”

“Doing these things makes me feel like I am supporting my husband by not wasting money. Even though I am currently not working, I feel like I am doing my duty as a wife and homemaker.”



Mother Helps Child Overcome Eating Issues Resulting From Bullying

A recent EFNEP participant shared the impacts the program had on her family. Prior to the program, her nine-year-old daughter was struggling with weight issues; although not anorexic, she was considered to be underweight for her age. Because of bullying that the young girl was experiencing at school, she developed a sense of being “fat” and began to cut back on her eating.

Prior to the program, the participant admitted that most of their meals were high in saturated fats. Her daughter, fearful of being “fat” would barely eat. Furthermore, the girl was constantly exercising, despite not eating enough.

After participating in the program, the participant made changes. “My husband and I would eat eight to nine corn tortillas each in a meal. Now, we’ve replaced our corn tortillas with whole wheat, and have cut back to eating just one or two whole wheat tortillas per meal.” The participant added that more vegetables were incorporated into their meals. “I used to make my husband the same thing for lunch: beef tips, rice and beans. Now, I add other vegetables and use brown rice.” She also shared, “I never had ground turkey before the program, and I am not sure I would have tried it if EFNEP hadn’t offered the Mini-Meatloaves food tasting. But seeing the recipe and the food demonstrations really motivated me to try it and I really liked it.”

The most important change, however, was cutting back on saturated fats. “Practicing what we learned in EFNEP really helped us make changes in how we eat. My daughter now eats more because our meals have less fat. I can make her steamed cauliflower with cheese accompanied with extra-lean ground turkey, and she’ll eat it all. The food is more to her liking and she even told me, ‘Wow, mom! You know how to cook now!’ She’s gained six pounds since March (when the program was completed). Her pediatrician was pleased and assured me that my daughter’s weight was now healthy in terms of her BMI.”

“I lost seven pounds myself during the program and the rest of my family has benefited from the change. But the best thing that has resulted from the program is seeing my daughter happy and that makes me happy.”

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