

2018 NC Cooperative Extension Onslow 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 Onslow County

In 2018: **159** families enrolled in EFNEP


99% 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 Onslow County

 **87%** of EFNEP participants improved dietary intake.

 **70%** now practice daily physical activity.

 **74%** practice better food resource management.

 **77%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **19** 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

\$19,154

in funding and support
from local efforts.

EFNEP SUCCESS



Military Children Learn Basic Cooking Skills

A mom with two young boys, ages 12 and 10, attended a series of cooking classes led by the EFNEP Educator in partnership with the community center in Tarawa Terrace on the base of Camp Lejeune. The mom shared that her boys liked to help around the house but, they were not really good in the kitchen. The center had a community garden and the EFNEP Educator taught participants how to prepare the vegetables harvested to make healthy family meals. The first class focused on ways to cook eggplant and how to make Pico de Gallo. The boys participated in cutting the vegetables for the Pico de Gallo. The EFNEP Educator explained ways to safely hold the knife and how to clean a cutting board. The boys did great at following directions.

The second class featured salsa Verde (green salsa). The boys were really eager to show the EFNEP Educator that they remembered how to properly hold the knife. The mom mentioned that the boys really liked the Pico de Gallo that they had learned to make in the previous class. She also stated that they had made it several times already. The boys shared that they really enjoyed the cooking class because it was hands-on. They were excited to go home and try to make the salsa Verde for their father.

As a result of the cooking class, the two boys were much more comfortable helping their mom in the kitchen. They learned how to properly use a knife (cutting vegetables) and learned essential skills to be more engaged in the preparation of family meals and snacks.



EFNEP Helps Military Family Improve Food Resource Management

A young military husband and wife recently attended a series of EFNEP classes taught in partnership with the Tarawa Terrace WIC office located on Camp Lejeune. During the class, "Plan: Know What's for Dinner," the couple shared that they felt like they were spending a lot of money on groceries. They shared that they threw out a lot of food because the food would spoil before they used it in a meal. The EFNEP Educator asked if they planned meals and they responded, "yes." They also stated that they planned their meals on a bi-weekly basis, but did not always stick to the plan.

The EFNEP Educator asked a few questions to shed some light on why the couple's plan wasn't working for them. The mom stated that sometimes they were craving something else and would skip the meal they had planned, opting to pick up something else. At other times, she stated that they were running errands and it was easier to pick something up while they were out. The EFNEP Educator suggested that they try planning their meals for one week at a time rather than two weeks. During the lesson, the EFNEP Educator emphasized the importance of sticking to their plan so that they were not throwing away food. The Educator encouraged the couple to eat before leaving the house and to always carry snacks for the family in case they get hungry while running errands. The mom said that it was a very good idea to shop weekly instead of biweekly. She was eager to see how much money she would save.

As a result, the couple shared they were cooking healthier meals for their family and not throwing away food by planning one week at a time.

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