



## 2018 NC Cooperative Extension Wayne 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 Wayne County

In 2018: **93** families enrolled in EFNEP

**89%** 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 Wayne County

- 98%** of EFNEP participants improved dietary intake.
- 81%** now practice daily physical activity.
- 89%** practice better food resource management.
- 90%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2018, **29** 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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Wayne County  
EFNEP programs obtained

# \$14,792

in funding and support  
from local efforts.

## EFNEP SUCCESS

### EFNEP Helps Participant Get Moving!

Physical inactivity—a leading cause of overweight and obesity—is also related to the prevalence of diabetes and heart disease. The most recent statistics show that 32 percent of Wayne County adults are obese. Additionally, physical inactivity for adults over 20 years of age in Wayne County is 28 percent, whereas the percentage of physical inactivity for North Carolina is 25 percent.

To address the problem, Cooperative Extension partnered with Jobs Plus to provide the Expanded Food and Nutrition Education Program (EFNEP) to West Haven housing residents. The EFNEP Educator designed a lesson plan to address the groups' limited physical activity skills. Participants learned simple ways to incorporate physical activity into their day.

One participant stated that she had health issues because she didn't have time to exercise and lose weight. During a recent doctor's visit, she had been advised to lose 40 pounds. Following the EFNEP series, the participant shared that she now does more physical activity with the walking DVD provided to her by EFNEP. She is now well on her way to lose the 40 pounds suggested by her doctor.



### EFNEP Mom Learns the Importance of Nutrition Facts!

Most people look at food labels for different reasons. But whatever the reason, the average person would like to know how to use this information more effectively and easily. EFNEP provides basic nutrition information to make it easier for families to make quick, informed food choices that contribute to a healthy diet.

Wayne County EFNEP, along with a Parent Educator at the Partnership for Children, recruited a group of Hispanic moms and their teenage daughters to do an in-home series of lessons. The EFNEP Educator conducted the "Shop for Value, Check the Facts" lesson. During the lesson, participants asked a lot of questions to get a clearer understanding of label reading and how to better select foods that would be healthier options.

One mom, who had recently been told by her doctor that she was a borderline diabetic was especially interested in learning more about how to read food labels. Her doctor encouraged her to select healthier options but she really didn't know how to do so. She admitted that she never knew what the labels meant (other than the amounts of calories in each food item) and much of the information on food packages was confusing.

During the following week's class, the mother was excited to tell the EFNEP Educator that she made a conscious effort to read the labels on food packages before purchasing them. She selected healthier foods with fewer calories. The mom could hardly wait to share how proud she was of herself (and confident) at being knowledgeable enough to make the healthier selections. She understands that she will need to continue with these and other efforts to see a difference in her health status. She hopes to receive a good report on her next doctor's visit thanks to the education received from the EFNEP.

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