

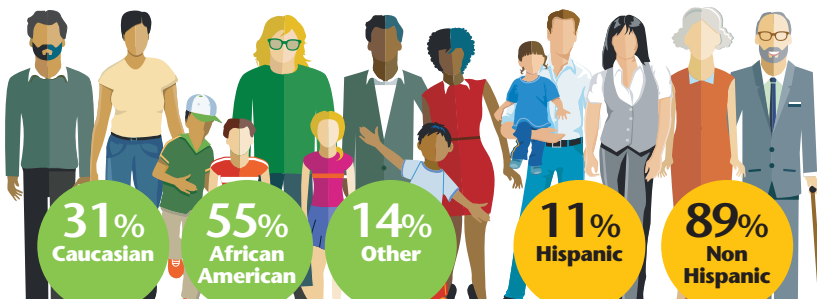
NC Cooperative Extension 2019 REPORT

Brunswick County

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 2019: **45** families enrolled in EFNEP

82% 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 2019, 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

Volunteers Strengthen EFNEP

In 2019, **11** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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.

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Brunswick County
EFNEP programs obtained

\$19,199

in funding and support
from local efforts.

EFNEP SUCCESS

EFNEP Partners with Community Program

The Expanded Food and Nutrition Education Program (EFNEP) partnered with families in the Bellville area, to offer a series of lessons. Each year, EFNEP partners with this community which holds a back-to-school backpack program. The backpack program helps to address food insecurity by sending backpacks home with children in low-income families filled with healthy foods. Teaching the families how to prepare the foods they receive to make safe, healthy meals for their families is how EFNEP helps.

Through a series of classes, participants learn how to plan, shop, cook, and eat healthy meals. Keeping foods safe to eat was of high priority to the participants of this program and they were eager to learn all they could.

One participant, who loved to cook and try new recipes, struggled with changing old habits in handling and preparing foods, but as the series progressed, she became more receptive to the things that were being taught to her. She stated that her family always used the same cutting board for everything. After learning about the dangers of cross contamination and receiving a new cutting board, she now uses her old board for meats and the new one for fruits and vegetables.

This participant is just one example of how EFNEP can work with community organizations for an even greater impact. In this case, EFNEP gave participants the knowledge and skills they needed to prepare the foods they received safely for their families.



EFNEP Impacts Child's Health

A single mother, who works a full-time job and is a full-time student, stated that making meals at home was something that she hardly ever did for her family. The majority of the meals she and her family ate were fast food or frozen microwavable meals. She was aware that these were not the healthiest choices, but she felt she did not have time to cook. She stated, *"It was the quickest and easiest ways to feed my kids."*

The impact of these choices on her family became clear after a visit to her youngest child's pediatrician. She learned that her child's BMI readings placed her in the percentile for being overweight. This was concerning to the mother and something that she wanted to remedy. Her pediatrician suggested that she see a nutritionist, which she could not afford.

The mother heard about EFNEP from a former participant, who expressed how the program helped her make major changes to her family's lifestyle at no cost to her. The mother didn't hesitate to sign up for EFNEP classes as she was eager to learn how to make changes that would affect her entire family's health.

EFNEP lessons taught her how to prepare easy, healthy meals (at home) in less than 30 minutes. She also learned how to include more physical activity into her family's daily schedule.

During follow-up visits to the pediatrician, the mother stated that she received positive feedback about her daughter's weight. The mother was so pleased with the improvements she saw in her daughter's health that she suggested that the pediatrician and staff let other parents know about EFNEP. This is just one example of how EFNEP helps families make changes to improve their health and reduce their risk of chronic disease including overweight and obesity.

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