

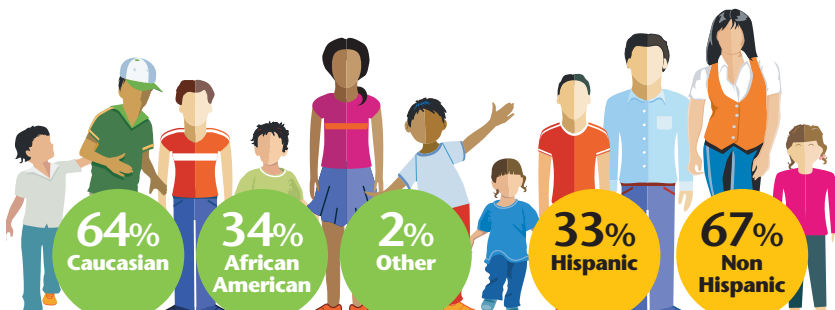
# NC Cooperative Extension 2019 REPORT

## Duplin 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 Duplin County

In 2019: **1,252** youth participated in 4-H EFNEP in Duplin County

### 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.

### 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:

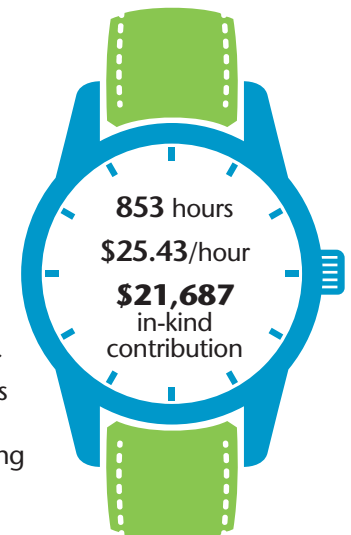
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

### EFNEP Makes a Real Difference in Duplin County

- 78%** of EFNEP participants improved dietary intake.
- 36%** now practice daily physical activity.
- 50%** practice better food resource management.
- 59%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2019, **78** 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

\$21,103

in funding and support  
from local efforts.

## EFNEP SUCCESS



### EFNEP Improves Health Behaviors and Boosts Self-Esteem of Teen

The Expanded Food and Nutrition Education Program (EFNEP) in Duplin County partnered with the 4-H Healthy Habits project to develop teen leaders in nutrition education.

Teens, ages 13–18, participated in a series of nutrition education classes focusing on healthy eating and physical activity; strategies to overcome challenges faced by teens in trying to make healthy choices; food preparation and safety; and shopping on a budget. The program offered peer-to-peer, hands-on education, healthy low-cost recipes, and simple strategies to get teens to move more and include their families.

During the series, the EFNEP Educator noticed that one student was very reluctant to participate during the classes. When questioned, she explained that she was a foster child and the information wouldn't be useful to someone always moving from one home to the next. The EFNEP Educator shared with the teen that the information was vital to anyone who wanted to make wise food choices, increase daily physical activity, manage food resources, and practice food safety.

The teen continued to explain that she had been in four homes in the last six months and none of the homes practiced any of the information that was being provided. She expressed her concern for always having to eat at fast food restaurants and shared that she wanted to include



vegetables in her diet. The teen also explained that she would like to assist with classes so that she could take the information with her, just in case she had to move again. The EFNEP Educator assured the youth that as a volunteer, she was welcome to assist with other programming following training, however, to be considered, she would have to show her commitment to the present class first. The youth agreed and began to embrace all that she was learning. Throughout the remainder of the series, she excelled in

assisting other participating youth with the lessons and food preparation.

The teen's eagerness to volunteer proved to the EFNEP Educator that the student would be an asset to the program in a leadership role. The EFNEP Educator recommended the teen to serve as a Healthy Habits Teen Ambassador. This ambassador program provides training for teens to teach nutrition education to youth their age and younger. EFNEP has reviewed and approved the training.

As a result of EFNEP, the teen shared that she has since made several personal changes to improve her own health. She has started eating breakfast at home and packs healthier lunches. Her Healthy Habits Ambassador role has increased her self-esteem, her grades, and she is modeling healthier eating habits/physical activity at school and at home.

The EFNEP Educator was very observant and really made a difference in this young teen's life. The participant gained new skills that she now recognizes will be needed for life and she also gained a new perspective on how she can help others be healthier as well.

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