

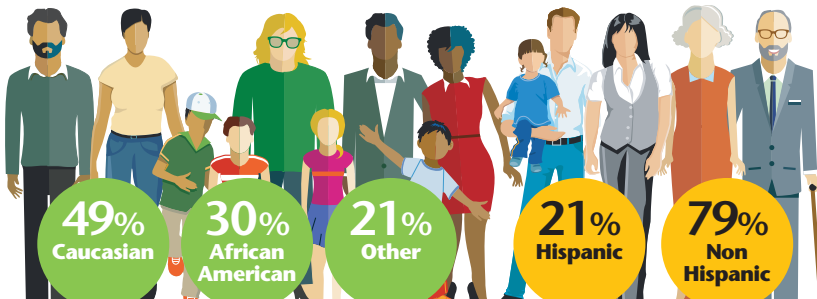
NC Cooperative Extension 2019 REPORT

Johnston 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 Johnston County

In 2019: **107** families enrolled in EFNEP **17** participated in 4-H EFNEP
54% 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

EFNEP Makes a Real Difference in Johnston County

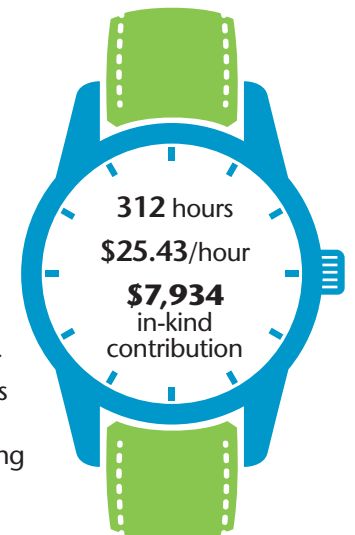
- 88%** of EFNEP participants improved dietary intake.
- 85%** now practice daily physical activity.
- 90%** practice better food resource management.
- 88%** have improved their food safety habits.

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.

Volunteers Strengthen EFNEP

In 2019, **35** 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

\$17,999

in funding and support
from local efforts.

EFNEP SUCCESS

Knowledge and Tool to Practice Helps Participant Cook Food Safely

EFNEP in Johnston County partnered with a healthcare corporation to provide an on-going nutrition education program to their in-patient rehabilitation program groups.

EFNEP helps participants make small changes through a series of hands-on lessons that include food preparation. As encouragement for participants to practice what they learn at home, EFNEP offers skill builders (small kitchen equipment) that aid participants in healthy food preparation. One item offered this year was a food thermometer.

One participant expressed her excitement of having used a food thermometer for the very first time. *"That's the best tool you could have ever given me. I cooked pork tenderloins a couple of weeks ago and I used the food thermometer according to the temperatures that we talked about in class. The tenderloins were so tender. Before then, my meats would be undercooked or overcooked. But that time it was just perfect."*

By providing both the knowledge and tools that participants need to prepare healthy foods safely in their own home, EFNEP helps participants make and sustain positive changes.



EFNEP Helps Mother Cut Out Sugary Soft Drinks

EFNEP in Johnston County partnered with the Selma Elementary School Parent Teacher Organization Committee (SES PTCO) to provide a series of nutrition education classes in Spanish to Spanish-speaking families that have children attending the school.

One of the hottest topics among participants is Making Smart Drink Choices. The lesson in EFNEP's *Families Eating Smart and Moving More* curriculum provides participants with the skills needed to evaluate drinks offered in their home and choose healthier options. Participants compare Nutrition Facts labels on a number of different beverages as part of the lesson and then they learn to make a healthy fruit smoothie. Many families learn that the beverages they drink account for a very high intake of sugar during the day and once this realization occurs, they are anxious to make a change.

One mother shared, *"Before the program, I was drinking up to four 20-oz bottles of regular soft drinks every day. But since starting this program, I started to cut down, and after the lesson on sugar that we had a few weeks ago, I was able to cut them out completely by drinking more milk and water instead."*

This one change in an individual's dietary intake has huge significance as it decreases the risk of chronic diseases such as obesity and diabetes.

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