

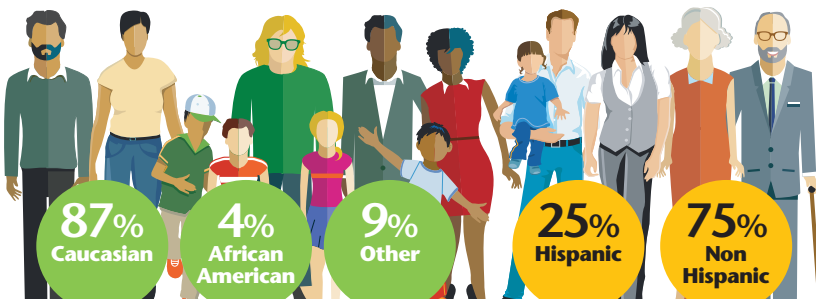
NC Cooperative Extension 2019 REPORT

Onslow 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 Onslow County

In 2019: **59** families enrolled in EFNEP **50** participated in 4-H EFNEP

88% 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 Onslow County

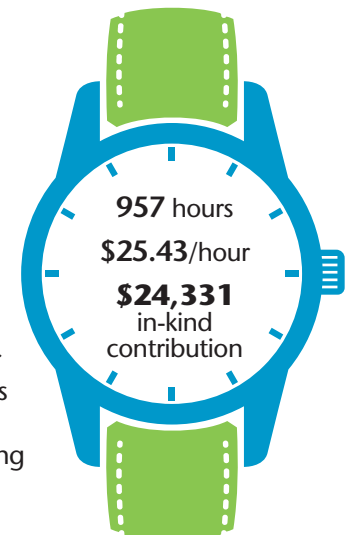
- 83%** of EFNEP participants improved dietary intake.
- 66%** now practice daily physical activity.
- 71%** practice better food resource management.
- 76%** have improved their food safety habits.

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



2019 NC Cooperative Extension Onslow County Report

Onslow County
EFNEP programs obtained

\$19,540

in funding and support
from local efforts.

EFNEP SUCCESS



EFNEP Teaches Tweens and Teens About Sugar

Research has shown that kids and teens are drinking more soft drinks than ever. It's important that they are aware of the sugar content in these drinks at an early age.

The EFNEP Educator was invited to provide a nutrition education series of classes for a group of tweens and teens at a local library. One of the sessions was a lesson on making smart drink choices. The educator started the presentation by defining what soft drinks were and were not. The teens were so shocked to hear that some of their favorite drinks were considered to be soft drinks. One teen stated, "So you mean to tell me that sweet tea is a soft drink? But it's not carbonated! I thought that soft drinks are only carbonated drinks." The educator brought some soft drink bottles filled with sugar that showed the amount of sugar in each drink. One by one the educator asked the teens to guess the number of teaspoons of sugar in each drink. They started their guesses with lower numbers of teaspoons, but by the third or fourth drink, they were guessing higher numbers. The educator then gave them cups of sugar and a teaspoon and asked them to measure out the number of teaspoons of sugar in each drink. The teens were amazed to see the amount of sugar in each drink.

At the end of the presentation, the teens had so many questions about drinks. They were so excited about what they had learned. The following week, the person in charge of the teen group emailed the educator to thank her for coming out and teaching the teens about sugary drinks. She also mentioned that the teens were making changes in their drink choices and still talking about how much sugar is in soft drinks.



EFNEP Helps Food Bank Couple Make Healthy Recipes with Foods They Receive

Once a month the EFNEP Educator sets up a table at the Food Bank in Sneads Ferry. She promotes the program by giving out handouts (with healthy recipes) and makes a recipe with the foods received regularly (canned foods including vegetables and beans) by pantry clients. On this particular day, the recipe was a homemade salsa.

A couple approached the educator and wanted to know more about the handout. The educator explained that one side of the handout included tips on healthy living, and the other side had healthy recipes. The educator offered them a sample of the salsa, and they were excited to try it! She gave them a copy of the handout and explained how easy the salsa was to make, and that it's healthy! She also gave them some of the other handouts and encouraged them to try some of the recipes at home.

The wife explained that sometimes she runs out of recipe ideas and she was happy to get new ones to try. She also mentioned that her grandchildren lived with them and were picky eaters who didn't like to try new foods.

The following month the same couple approached the educator and was very excited to let her know that they had made the salsa at home. It was such a hit that their grandchildren asked for it to be made several times afterwards. They also stated that they had found new ways to use some of the canned foods received through the food pantry as a result of the information the EFNEP Educator had shared.

Utilizing food demonstrations and tastings to aid nutrition education at food distribution sites is a strategy that helps meet families in need where they are. EFNEP was able to help this couple add a healthier version of salsa as a snack and incorporate the other canned foods received through the pantry in their menu planning.

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