

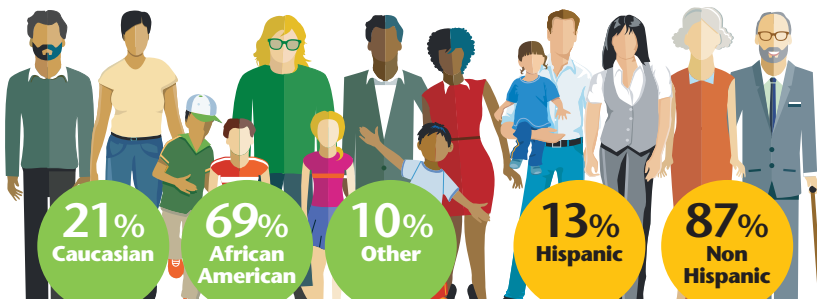
NC Cooperative Extension 2019 REPORT

Wayne 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 Wayne County

In 2019: **100** families enrolled in EFNEP **29** participated in 4-H EFNEP

81% 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 Wayne County

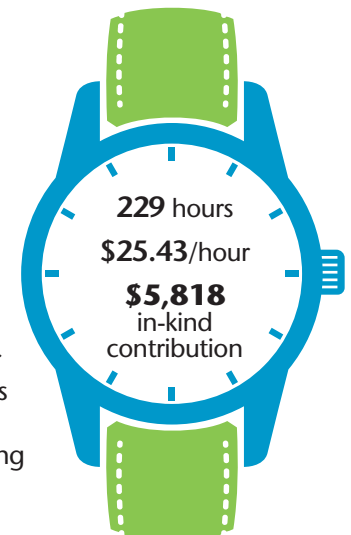
- 100%** of EFNEP participants improved dietary intake.
- 75%** now practice daily physical activity.
- 72%** practice better food resource management.
- 84%** have improved their food safety habits.

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, **34** 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 Wayne County Report

Wayne County
EFNEP programs obtained

\$16,975

in funding and support
from local efforts.

EFNEP SUCCESS



Participants in EFNEP Learn New Knowledge and Make Changes

Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) seeks to increase knowledge and improve nutrition to help families make changes to improve their health. In 2019, this program was delivered at Diversity Nurtures Achievement Community Youth Center.

Over a series of classes, the participants improved their knowledge related to healthy eating and physical activity. There were some in the group that expressed a dislike for certain vegetables such as cauliflower. There was one person that stated she wouldn't eat frozen vegetables under any circumstance.

Towards the end of the series, some of the participants reported they made positive behavior changes related to fruit and vegetable consumption. The participants expressed their appreciation of the stir fry recipe as it showed them what they could do with some of the vegetables they already have in their community garden. After tasting the recipe in the class, which consisted of some frozen vegetables, the person that stated she would never eat frozen vegetables actually enjoyed it.

Fruits and vegetables are a great way to keep us healthy considering the top three leading causes of death and disability among people in Wayne County North Carolina are heart disease, cancer, and diabetes all of which are directly impacted by nutrition. Consumption of more fruits and vegetables should result in longer lives and a lower incidence of chronic disease among participants.



Participant Receives Diagnosis and Seeks Help from EFNEP to Make Changes

A program participant was informed that due to her obesity and high sodium intake she may be at risk for developing heart disease. Her physician diagnosed her with borderline hypertension. The majority of the food she bought at the time was canned and prepackaged because these choices are cheaper and taste good to her. The problem is that eating this way is not good because these foods are generally high in sodium.

It was a bit of an emotional strain to hear her diagnosis due to her family history of obesity and heart disease. She knew her habits had been passed down through the generations and now she was passing these poor eating habits to her children.

One of the EFNEP lessons taught is about reading and understanding food labels. This lesson focuses on reading the food label to know what is in the foods we eat. This skill is especially important to someone battling a chronic disease. In each EFNEP session, a healthy recipe was demonstrated, and the participant was able to see that it was possible to make tasty food without added salt. The participant was very interested to get this information and said that she would begin reading the food label to help her make better choices in the foods she and her family eat. Additionally, with every lesson, participants learned simple exercises that could help them increase their daily physical activity.

Toward the end of the series, this participant shared that she is now reading labels and trying to use seasonings other than salt to flavor her food. She said she has started walking with a good friend and hopefully she will see changes in her situation. Although she has not yet reached her health goal, she is well on her way with these positive changes.

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