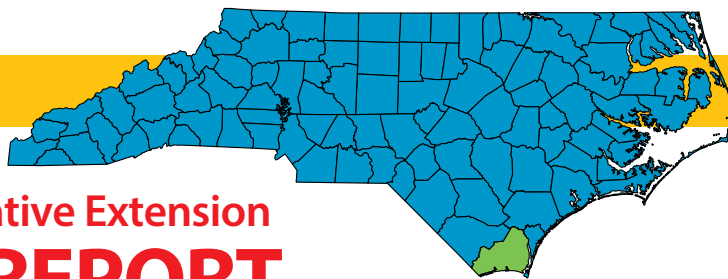




## NC Cooperative Extension 2022 REPORT



### Brunswick County

#### Supporting North Carolina's Families with Greatest Needs

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

#### 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 2022, EFNEP served 40 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

 **100%** of EFNEP participants improved dietary intake.

 **85%** practice better food resource management.

 **85%** have improved their food safety habits.

 **40%** now practice daily physical activity.



Brunswick County EFNEP Enrollment



**665** family and youth participants were reached through direct programming.

# 2022 NC Cooperative Extension Brunswick County Report

## EFNEP SUCCESS



### Reading Food Labels Leads to Healthier Drink Choices

According to the USDA report, "What We Eat in America 2017-2018," youth between the ages of 2-18 on average consume 17 teaspoons of added sugar daily. According to the American Heart Association youth ages 2-18 should not have any more than 6 teaspoons of added sugar daily. Consuming more than 6 teaspoons or 24 grams of added sugars daily contribute to chronic health issues such as weight gain, obesity, type 2 diabetes, and heart disease.

The Expanded Food Nutrition and Education Program (EFNEP) in Brunswick County teaches youth how to make healthy food choices by reading food labels. At one local elementary school, students learned to read the nutrition facts label in order to make healthier snack and drink choices.

The EFNEP educator showed the students how to convert grams of sugar to teaspoons which is a measurement they understood. She used a label from chocolate milk that is offered to students. The label indicated each serving of 1 cup contained 14 grams of sugar or 3½ teaspoons. This is more than half of the recommended amount for youth this age. Students were surprised by how much sugar they were consuming in a small carton of milk. The educator shared with them the consequences of eating too much sugar.

After several weeks, the EFNEP educator observed that many students were starting to choose regular milk instead of chocolate milk at lunch time. One teacher reported, "[Students] are wanting to get [regular] milk for lunch instead of chocolate milk because of all the sugar." Program evaluation reports indicate that 86% of students improved their ability to choose healthier foods according to Federal Dietary recommendations.



### Teamwork Makes the Dream Work!

Brunswick County Cooperative Extension is known for their strong team player approach to serving the community and schools in the county. At the request of the school board, the Expanded Food and Nutrition Education Program (EFNEP) educator, the Family and Consumer Sciences (FCS) agent, and the 4-H program assistant were asked to provide nutrition and health education opportunities to PE teachers working in limited resource schools in Brunswick County. The FCS agent also delivers Steps to Health activities as part of NC State's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) grant initiative.

Eligible PE teachers from around the county participated in a workshop series offered by EFNEP, FCS and 4-H to learn about nutrition, exercise, and food safety. The teachers were challenged to make healthier choices for themselves and their families. The FCS agent also taught them how to make their school environment healthier. As a result of the collaborative effort, EFNEP has expanded its reach recruiting additional schools to enroll students in the program. Furthermore, several schools, with the help of participating PE teachers, adopted new practices and environmental changes by using floor markers pointing students to exercise, water, and other healthy options at school.

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