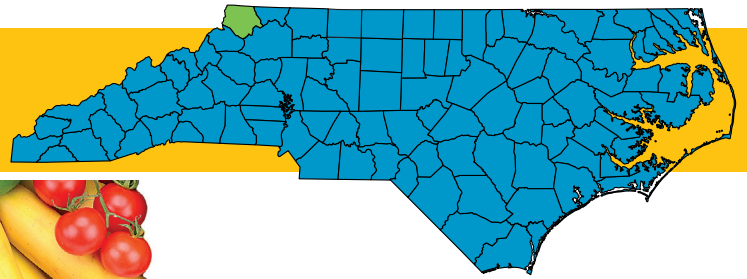




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Ashe County Report

North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **30%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **7th** most obese state.
- North Carolina has the **18th** highest rate of diabetes and the **11th** highest rate of hypertension.

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




In 2016: **4** families enrolled in EFNEP
875 participated in 4-H EFNEP
50% 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 2016, 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 Ashe County

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

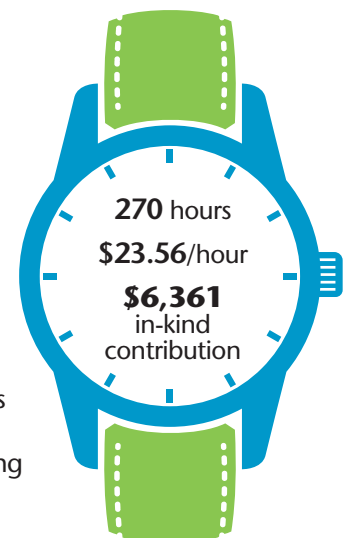
 **75%** now practice daily physical activity.

 **100%** practice better food resource management.

 **50%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **54** 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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Ashe County
EFNEP programs obtained

\$10,365

in funding and support
from local efforts.

EFNEP SUCCESS



Because of their EFNEP experience, Ashe County's Garden Buddies families have become committed to reducing the amount of salt in their daily diets.



Participants Decrease Sodium Intake Using New Skills

Americans consume too much sodium. High sodium consumption can raise blood pressure, which is a major risk factor for heart disease. According to the National Center for Chronic Disease, heart disease is a leading cause of death in this nation. In Ashe County, the 2015 Health Assessment ranked heart disease as the county's second leading cause of death.

As a means of reducing high blood pressure and heart disease in Ashe County, Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) provided a series of nutrition education classes to families participating in Outreach Ministries' Garden Buddies Project. As a complement to their efforts of growing fruits and vegetables in a community garden, EFNEP taught the families about the nutrition contained in the produce grown and how to retain that nutrition through healthy food preparation methods.

During each lesson, the families prepared one recipe containing an in-season fruit or vegetable from their garden. To emphasize the healthy benefits of reducing sodium in their diets, EFNEP taught the families how to substitute various herbs and seasonings for the salt called for in each recipe. The families quickly learned that reducing the salt did not have to mean reducing the flavor. The more the families experimented, the more they realized how easily sodium could be reduced in the foods they prepared at home.

Before long, the families began to focus on ways to reduce sodium in other aspects of their diets. Having learned to read the Nutrition Facts Label in EFNEP, they looked at the sodium content of foods they considered purchasing when grocery shopping. It didn't take long for them to discover foods frequently eaten like salad dressing, seasoning packets, snack items, and pre-packaged meals, were high in sodium. This discovery helped the families understand why heart disease was so prevalent and why the USDA was compelled to include a low sodium recommendation as part of the Dietary Guidelines.

Because of their EFNEP experience, Ashe County's Garden Buddies families had become committed to reducing the amount of salt in their daily diets. Realizing how simple it was to substitute herbs and spices for salt while preparing recipes at home, and reducing the amount of processed foods purchased at the store made it easier to make this positive behavior change. Simple changes like these to reduce the amount of sodium in their diets will help these families reduce the risk of developing heart disease later in life.

References:

<http://www.apphealth.com/wp-content/uploads/2015/08/2014-15-AsheCounty.pdf>
<https://health.gov/dietaryguidelines/2015/guidelines/executive-summary/>

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