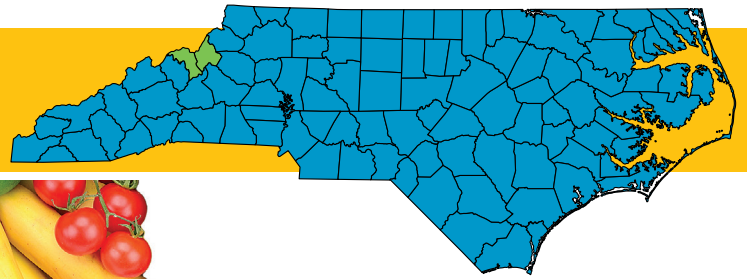




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2016 NC Cooperative Extension Avery and Mitchell Counties 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: **49** families enrolled in EFNEP  
**620** participated in 4-H EFNEP  
**84%** 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 Avery and Mitchell Counties



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



**44%** now practice daily physical activity.



**97%** practice better food resource management.



**84%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2016, **49** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



# 2016 NC Cooperative Extension Avery and Mitchell Counties Report

Avery and Mitchell Counties  
EFNEP programs obtained

# \$15,643

in funding and support  
from local efforts.

## EFNEP SUCCESS



At graduation, the participant reported the family's efforts had produced surprising results. She had lost eight pounds. Her daughters lost weight as well, and she was elated with the success realized by her husband. He had lost over 20 pounds!



## Family Adopts Healthy Eating and Activity with Great Results!

Forty-five percent of Americans make New Year's Resolutions. The average list of New Year's Resolutions include at least one goal aimed at healthy living. Losing weight and becoming more physically active are often strategies people use to achieve that goal. Unfortunately, only 8% reach their goal. Most are quickly abandoned.

This year Avery County's Expanded Food and Nutrition Education Program (EFNEP) challenged that data by designing a series of basic nutrition and physical activity lessons to help limited-income families achieve their healthy lifestyle resolutions. Parents and children attended together. The series began by sharing MyPlate's concepts that emphasize a balance between caloric intake and physical activity as an effective method of maintaining the proper weight.

Knowing people often struggle to find that balance, EFNEP taught the fundamentals of meal planning. Families planned daily menus that included a healthy breakfast and the recommended number of servings from each MyPlate food group. Fruits, vegetables, whole grains and dairy foods were included in each plan.

Once they had planned their weekly menus, participants learned the importance of making a grocery list and reading the Nutrition Facts label when shopping. These skills helped them avoid foods high in fat, sodium, sugar and empty calories. They also allowed shoppers to be mindful of calorie intake and serving sizes. Lastly, participants learned that cooking methods like roasting, broiling and baking could reduce fat and calories, and in turn, help to effectively control weight.

One participant shared she was concerned about her husband's weight. He was the reason she and her two daughters had decided to attend the program. She knew being obese could be a precursor to severe health problems later in life and she was fearful high blood pressure, diabetes and cardiovascular disease could threaten his future. He could not attend the class so she and their two daughters agreed to bring the information presented home to him.

After each lesson, the family implemented at home the nutrition behaviors learned in class. They planned meals together and began using healthy cooking methods. They purchased more fish, fruits, vegetables and whole grains, and fewer processed foods. Together, the family became conscientious about portion sizes and started to include more physical activity into their daily lives.

At graduation, the participant reported the family's efforts had produced surprising results. By controlling her salt intake and exercising more with her daughters, the Mom had lost eight pounds. Her daughters lost weight as well. The participant was very pleased with the success she and her daughters had realized, but she was elated with the success realized by her husband. He had lost over 20 pounds!

She credited EFNEP for providing her family with the information and motivation needed to achieve their New Year's resolution. Working together to change their nutrition and physical activity behaviors was key to finding their healthy weight.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

