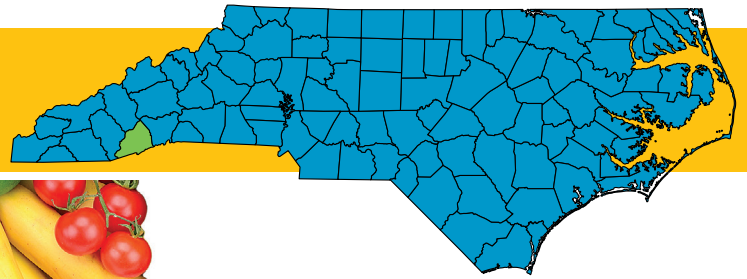




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Transylvania 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



EFNEP Reaches Diverse Audiences in Transylvania County

In 2016: **20** families enrolled in EFNEP
824 participated in 4-H EFNEP
65% 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 Transylvania County



94% of EFNEP participants improved dietary intake.



44% now practice daily physical activity.



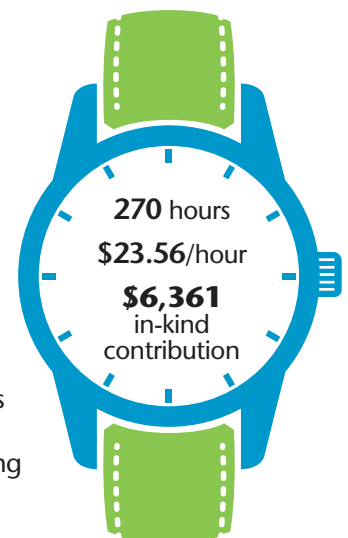
88% practice better food resource management.



44% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **46** 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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Transylvania County
EFNEP programs obtained

\$11,517

in funding and support
from local efforts.

EFNEP SUCCESS



Families Make Better Use of Resources to Stretch Food Dollars

One group of families recently participated in a container gardening workshop where they received free plants, seeds, soil and containers so they could grow their own vegetables at home. Many times participants themselves facilitate connections that aid families in stretching their food dollars. Information about where to find the best prices on various food items is often shared in class. Having that knowledge recently spurred participants in one group to arrange carpools so they could shop together, practicing the skills learned in EFNEP.

Reference:

1. <http://map.feedingamerica.org/county/2013/overall/north-carolina/county/transylvania> retrieved 1/29/16



Children Take Action Against Hunger

According to the most recent data collected by Feeding America, 28.4% of Transylvania County children are food insecure.¹ Food insecure children are at risk of not getting enough nutrient dense calories each day to stay healthy, grow properly, and be alert and actively engaged at school. Since eating healthy directly affects a child's academic success, Transylvania County provides students in local schools with the supplemental food resource information and basic nutrition education that is essential to obtaining and consuming healthy food. Working in elementary school classrooms, the Expanded Food and Nutrition Education Program (EFNEP), facilitates the educational effort.

For over twenty years, EFNEP has taught children where to find and how to make smart food choices. During a recent fourth grade lesson, EFNEP led a discussion about the incidence of hunger. During this discussion, students talked about area programs and other resources that could be accessed if someone needed nutritious food. The countywide free breakfast program, the free and reduced lunch program, the Backpack Buddy program, summer feeding site program, and local food pantries were all mentioned during this discussion. The children also brainstormed ways they could help people in their community that were hungry. They shared ideas like starting a canned food drive and volunteering at the local soup kitchen. EFNEP asked the students to share the supplemental food programs they had discussed with their families. It also encouraged them to make a personal goal of using the programs to obtain healthy foods for their families if needed.

Many students reported back that because of what they had learned while participating in EFNEP they were eating breakfast more frequently by taking advantage of the free breakfast program. Some students reported having more food at home because their families had taken advantage of the food resources discussed in class. Other fourth graders reported volunteering at the soup kitchen as a result of the discussion. One child started his own food drive to help Transylvania children. Although hunger from being food insecure is a difficult subject to talk about at any age, EFNEP had successfully facilitated a discussion that empowered fourth grade students to reduce food insecurity for themselves and other members of their community.

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