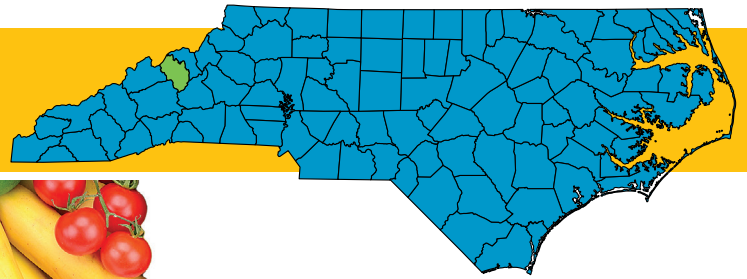




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Yancey 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: **989** youth participated in
4-H EFNEP in Yancey county


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 Yancey County

 **80%** of EFNEP participants improved dietary intake.

 **34%** now practice daily physical activity.

 **57%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **91** 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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Yancey County
EFNEP programs obtained

\$2,000

in funding and support
from local efforts.

EFNEP SUCCESS



Parent Reinforces the Value of Family Walks

One Mom shared that she followed the advice of her daughter who, through EFNEP, had learned simple ways to become more active. One of the ideas EFNEP had shared was involving the family in evening strolls after dinner. Now, weather permitting, they take walks together every day. Not only are they active as a family, the walk provides a relaxed venue for family conversation.

Reference:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6331a3.htm>



Increasing Awareness and Intake of Fruits and Vegetables

In August 2014, the Center for Disease Control (CDC) reported the results of a study that documented most children are still consuming too few fruits and vegetables. Educational efforts have helped, but behavioral changes have been slow. Approximately 60% of our children consume fewer fruits and 93% consume fewer vegetables than recommended. The fact that intake is so low is concerning because fruits and vegetables provide nutrients that are often under consumed, allow for optimal growth, help manage body weight, and aid in the prevention of chronic disease.

It's no secret that getting children to eat more fruits and vegetables in any setting can be a challenge. However, research has documented the task becomes easier when children participate in gardening and food preparation programs. These programs help the children understand where their food comes from, and inspires them to eat the foods they grow and prepare. Using this information to its advantage, the Expanded Food and Nutrition Education Program (EFNEP) in Yancey County decided to give attention to fruit and vegetable intake by facilitating a week-long foods camp for youth this past summer.

Throughout the week, campers had the opportunity to participate in both gardening and food preparation activities. They toured TRACTOR, a local aggregation center that supports farmers as they sell, process and deliver their produce to local area businesses. They also toured a local farm and the produce stand that markets the fruits and vegetables grown there. While at the farm, the campers sampled fresh apricots and cherry-sized plums, fruits they had never eaten before. They were also given the opportunity to select vegetables to use in the recipes they would prepare each day in their cooking lab. Every hands-on meal preparation activity they planned followed MyPlate recommendations and included a variety of fruits and vegetables.

By week's end, the children stated they enjoyed eating fruits and vegetables more now than they did before participating in EFNEP's camp. One child shared an experience he found amazing. Prior to attending camp, he had not liked green peppers. However, as prepared in the Mexican Cucumber Salad they made, he found peppers were actually very good. The lesson learned: preparation methods can change the taste of a food, even fruits and vegetables, so it pays to taste before deciding if you like it!

EFNEP's cooking camp provided an opportunity for these Yancey County children to make many discoveries about the food they eat. They not only discovered where their food comes from, but how it gets to their kitchens. Because of EFNEP, they have a new respect for the farmer and the role he plays in ensuring the foods they eat provide the nutrition needed for them to grow strong and healthy.

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