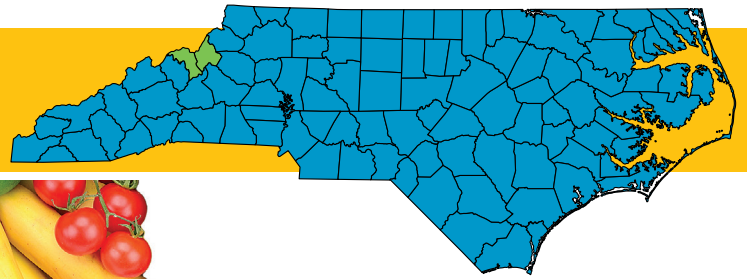




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 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 **31.8%**.
- **15%** of 2- to 4-year-olds from low-income families are obese. This makes us the **17th** most obese state.
- North Carolina has the **15th** 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 Avery and Mitchell Counties


In 2017: **51** families enrolled in EFNEP
380 participated in 4-H EFNEP
92% 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 2017, 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.

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

 **98%** practice better food resource management.

 **76%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **34** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2017 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



Doctor Suggests EFNEP to Patient

During a visit to her doctor, a young mom expressed concerns about her recent diagnoses of high blood pressure. She asked her doctor for recommendations he could suggest for any lifestyle choices she could make to help with her blood pressure issues. The doctor shared a flyer about the Expanded Food and Nutrition Education Program (EFNEP) and an upcoming series of classes in her area. After the series was completed the participant reported that she had lost weight and had lowered her blood pressure by eating less salt and increasing her physical activity as she had learned in the program. Because of these changes, she does not have to take blood pressure medicine anymore.



Youth Adopt Safe Food Practices

According to the Food and Drug Administration when certain disease-causing bacteria or pathogens contaminate food, they can cause foodborne illness. The Federal government estimates that there are about 48 million cases of foodborne illness annually—the equivalent of sickening 1 in 6 Americans each year. And each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. Although everyone is susceptible, some people are at greater risk for developing foodborne illness, including young children.

To combat this major concern, the Avery County 4-H Expanded Food and Nutrition Education Program (EFNEP) partnered with a local school in Avery County to offer six lessons from the curriculum, *Adventures in Nutrition*. The lessons included a focus on making healthy food choices as well as teaching the Kindergartners safe food handling concepts according to the Fight BAC guidelines. Student participation in the series was strongly encouraged by the teacher after it was reported that a large percentage of students were asking to take foods such as yogurt and cheese sticks, that need to be kept refrigerated, home with them from their lunch. The teacher also stated that students often brought foods such as hot dogs, lunch meats, and yogurt packed in warm lunch boxes with no ice packs to keep the food cold. She estimated that some of these foods were left without refrigeration as long as 5 hours before the children consumed them. She also told EFNEP staff that the children exhibited a reluctance to wash their hands after using the bathroom and before eating. She was concerned with the spread of illnesses in her classroom such as the flu and stomach viruses.

To help teach students the need for good food safety practices, the EFNEP Educator taught students the difference in refrigerated foods and foods that could be kept at room temperature. A short food safety lesson was included each week in the six-session series and youth were taught how to safely keep cold foods cold when packing them for lunch. The youth also learned the importance of proper handwashing and safe food handling.

Following the series of lessons, the teacher sent a thank you letter reporting major changes in the children's behavior. The teacher stated, "The children are no longer asking to take refrigerated foods home in their backpacks or bringing those foods for lunch without ice packs to keep them at a safe temperature. I am excited that the kids have made some drastic changes. I see a much greater willingness of the children to wash their hands and cover their sneezes also since participating in your wonderful lessons. I am sure that we will have a lot less sick days this year due to EFNEP".

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