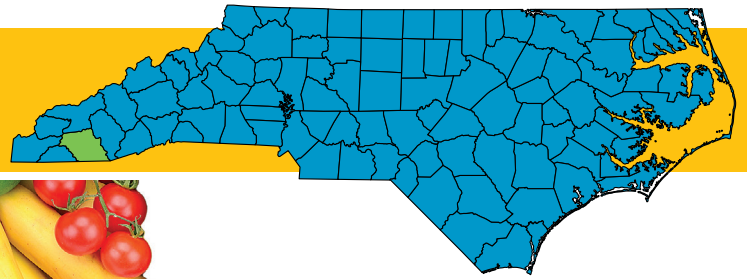




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Macon County 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



In 2017: **901** youth participated in
4-H EFNEP in Macon 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 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 Macon County



89% of EFNEP participants improved dietary intake.



53% now practice daily physical activity.



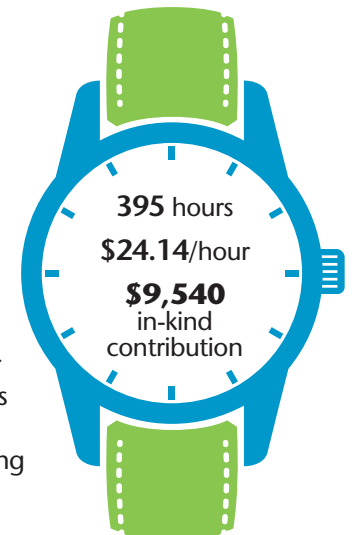
50% practice better food resource management.



67% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **40** 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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Macon County
EFNEP programs obtained

\$10,849

in funding and support
from local efforts.

EFNEP SUCCESS



The teacher noticed that the students were becoming more supportive of each other, not only at recess, but inside the classroom too. One teacher noted that the students were no longer sluggish in the afternoon and that their attitudes, and even grades, were improving.



First-Graders Form Recess Club to Get Active

First grade teachers at one local elementary school noticed that students were often sluggish in the afternoon and would spend most of their outside time during recess not being active. To combat this, the teachers invited the EFNEP Educator to teach a series of six basic nutrition education classes that focused on nutrition and physical activity.

Once the Educator began teaching from the curriculum, Fun with Food and Fitness, she realized the youth were not getting enough physical activity. During the lessons, she talked about the importance of being active every day and ways to keep it fun. At the end of one lesson, she challenged each of the students to be more active during recess and after school every day.

The following week, a group of first graders started a club at recess where they would do exercises together. Each student would take a turn leading the exercises outside. Also, they would remind each other to eat healthy as the EFNEP Educator had taught them.

The teacher noticed that the students were becoming more supportive of each other, not only at recess, but inside the classroom too. One teacher noted that the students were no longer sluggish in the afternoon and that their attitudes, and even grades, were improving. The EFNEP Educator was also able to change the habits of the teacher. Instead of rewarding students with candy, the students now get more time for recess.



Young Boy Chooses Water Over Soda

During a recent lesson at Mountain View Intermediate School, a health class of 6th grade boys learned to recognize sugar-sweetened soft drinks by learning to read the Nutrition Facts Label. One of the students realized after the lesson that he was consuming a lot of empty calories with the sodas he drank on a daily basis. As an athlete concerned with health, he felt his weight was being negatively affected by these sodas. He decided to give up sodas and drink the fruit-infused waters he had learned to make through EFNEP instead. The teachers noticed that he would often have the fruit-infused water with him in his water bottle almost every day. The student shared that he has started to feel better about his weight and has started exercising with his stepdad.

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