

2018 NC Cooperative Extension Avery and Mitchell Counties Report

North Carolina's Challenges

- In North Carolina, **1 in 5** children live in poverty.
- North Carolina's adult obesity rate is currently **32%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **16th** 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 2018: **50** families enrolled in EFNEP
633 participated in 4-H EFNEP
100% 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 2018, 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.

 **100%** now practice daily physical activity.

 **92%** practice better food resource management.

 **85%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **52** 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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Avery and Mitchell Counties
EFNEP programs obtained

\$15,493

in funding and support
from local efforts.

EFNEP SUCCESS



Youth Learn Skills Resulting in Positive Dietary Behaviors

Providing youth with basic nutrition concepts helps to improve their food preparation and safety skills. It also fosters positive dietary behaviors that they will carry with them into and throughout adulthood. The Expanded Food and Nutrition Education Program (EFNEP) in Avery County teaches elementary students to eat more fruits and vegetables every day.

The EFNEP Educator teaches a six-lesson nutrition series following MyPlate as a guide. The students learn about serving sizes, eating a variety of colors and how to prepare quick, nutritious fruit and vegetable snacks. They also learn that it is important to buy in season.

The EFNEP Educator was excited when the teacher reported that she had noticed them becoming more aware of the foods they consume during lunch. The teacher also noticed that they have started reading nutrition labels in the cafeteria. Even the primary-grade students were benefiting from the EFNEP classes. After learning about how the color of a fruit or vegetable indicates the presence of different vitamins, the students began to tell the educator when they noticed colorful fruits and vegetables on their school lunch trays.

Success was realized when the program's pre and post evaluations showed a 92% improvement in the number of students eating more fruits and vegetables.



Youth Are More Active as a Result of EFNEP

A recent report from the institute of medicine asserts that "children who are more active show greater attention, have faster cognitive processing speed, and perform better on standardized academic tests than children who are less active."

Helping youth engage in physical activity is a part of every lesson in Avery/Mitchell EFNEP. Teachers are often the first to share the impact the program has on their students. One teacher of a participating class recently commented **"Our class has enjoyed participating with the program over the past several years, and we want to continue to have the opportunity to be a part of this wonderful program. This is the only time that some students will be effectively taught the importance of eating healthy foods, reading food labels, and becoming more active and exercise conscious throughout the day. When our class participates with in-class movement**

activities through the GoNoodle online site, students will comment that our EFNEP Educator told us about GoNoodle. She says to make sure that we are moving at least one hour each day. Because of EFNEP they are

remembering what has been taught through the program and want to apply it to their daily routine in our class and at home. They will continue to carry much of this information learned with them throughout their lives."

As a result of the program, 100% of students completing the series improved their physical activity practices or gained new knowledge.



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