

# 2018 NC Cooperative Extension Buncombe County 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 Buncombe County

In 2018: **207** families enrolled in EFNEP


**88%** 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 Buncombe County

 **94%** of EFNEP participants improved dietary intake.

 **87%** now practice daily physical activity.

 **88%** practice better food resource management.

 **87%** have improved their food safety habits.

## Volunteers Strengthen EFNEP

In 2018, **6** 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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Buncombe County  
EFNEP programs obtained

# \$9,107

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Struggling Mom Looks to EFNEP for Help

According to the Buncombe County Housing Authority, some 1,700 low-income families in the county are on a wait list for affordable housing. One young mother participating in EFNEP shared with the EFNEP Educator that the housing costs for her family had doubled in the last two years, and with the addition of medical bills, their family was struggling to make ends meet. One of the goals of EFNEP is to help families develop skills that can help them stretch their food resources.

The EFNEP Educator partnered with a local faith community food pantry to offer classes. The food pantry provided food boxes to the participants following each class. During each class, the Educator featured a low-cost recipe and talked about meal planning around the food that was provided. One of the classes that the young mother attended was “Choosing More Fruits and Vegetables.” In this class, the EFNEP Educator led participants in making a vegetable stir-fry with whatever vegetables they had on hand. Participants learned that they could use vegetables in their food box to make the stir-fry. The young mother was very excited because she had never thought about making a stir-fry using so many different vegetables. She stated, **“With the help of the EFNEP classes and the free produce, I have been able to cut my grocery bill in half. I have also learned ways to use the food that I get from the WIC Program that I was wasting before.”**

A pre and post food recall and behavior survey comparison from this group revealed that 75% of the participants increased their fruit and vegetable consumption. Although EFNEP cannot change the cost of housing, it can help young families stretch their food dollars so that more of the family’s budget can be used for housing.

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