



2018 NC Cooperative Extension Macon 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 Macon County

In 2018: 963 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 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 Macon County

- 95%** of EFNEP participants improved dietary intake.
- 66%** now practice daily physical activity.
- 57%** practice better food resource management.
- 69%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **51** 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

\$21,305

in funding and support
from local efforts.

EFNEP SUCCESS



Macon County Youth Run for Better Health

The Macon County 4-H EFNEP Educator volunteered with the South Macon Girls on The Run program. These young girls had been a part of a third-grade EFNEP nutrition series that lasted for 10 weeks. Each lesson shared the importance of eating from all five food groups and being active every day. When starting the running program, the goal was to complete a 5K. However, most of the 20 participants were not physically active or eating healthy and could barely complete a one-mile run.

By the end of the 10 weeks, all of the girls were able to complete their first 5K. The girls agreed that by following the tips they had learned from EFNEP to make better food choices and be active every day, they were able to do anything. Their self-confidence was unbelievable and they improved their overall health.



Teen Improves Self Esteem by Learning How to Eat Smart and Move More

During a Macon County EFNEP series, a sixth-grade participant shared that she was a bit depressed, overweight, and just unhappy with herself. She was attending EFNEP's *Teen Cuisine* classes at Mountain View Intermediate. Each week the class was given different challenges including: being active every day, reading nutrition facts, and eating breakfast daily.

The class sampled overnight oats during a lesson on the importance of eating breakfast. The participant said she started making the overnight oats and eating them every morning. She said they made her feel so much better. She also started being more active every day.

At the end of our classes she stopped by to tell the EFNEP Educator how much she appreciated the *Teen Cuisine* lessons. She said that because of the classes she learned how important it is to read nutrition facts and watch her food choices. She was so very proud of herself! She had lost 11 pounds and was excited to continue this journey. Through EFNEP, this young girl learned that being physically active and making better food choices will help her reach her own health goals and feel better about herself as a result.



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