



2018 NC Cooperative Extension Transylvania 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 Transylvania County

In 2018: 543 youth participated in 4-H EFNEP in Transylvania 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 Transylvania County

- 90%** of EFNEP participants improved dietary intake.
- 25%** now practice daily physical activity.
- 61%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **24** 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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Transylvania County
EFNEP programs obtained

\$11,173

in funding and support
from local efforts.

EFNEP SUCCESS



Variety Is the Spice of Life: EFNEP Helps Children Develop Positive Attitudes toward New Foods

The 2015 Dietary Guidelines recommend that we consume a variety of foods to ensure a healthy eating pattern. But many children often refuse new or healthy food options. Children's rejection of a food can usually be attributed to two factors: food neophobia or picky eating behaviors. Both can limit a child's diet, therefore limiting particular nutrients that are essential to health and proper development.

Food neophobia, the reluctance to eat new foods, is fairly common in young children. Scientists report that it can take eight to 15 exposures before children are ready to eat a new food. Knowing this, the EFNEP Educator focused the first-grade learning objectives on trying new foods. The Educator partnered with Transylvania County Schools to provide a series of nutrition lessons offering the students a variety of foods from each food group.

In order to engage all styles of learning, the Educator provided opportunities for visual, auditory and kinesthetic learners when introducing new foods. The Educator also included experiential activities in preparing and tasting foods. The nutrition lesson series included a "vote for your favorite" veggie taste test as well as sampling of whole grain foods, lean proteins, low-fat dairy foods, fruits, and vegetables.

Because students were provided with fun, multi-faceted, and safe opportunities to experience and learn about foods, most students reported trying a food for the first time during the lessons. The students' positive associations with new foods, which were developed during the series of EFNEP classes, will encourage students to try new foods in the future leading to a more varied and potentially, more nutritious diet.



Second Grader Tells Her Family the Whole Story about Whole Grains

The Transylvania County EFNEP Educator partnered with Rosman Elementary School to provide a series of nutrition lessons to second graders. The students learned the benefits of making healthy choices in each food group. During the grains lesson, the EFNEP Educator encouraged the students to choose whole wheat bread instead of white bread for better nutrition. The students also learned how to identify whole grain foods at the grocery store.

A few weeks later, a parent of a student in the EFNEP class reported that her child asked the family to buy whole wheat bread instead of white bread. This student also helped pick out the whole wheat bread at the grocery store. The parent had considered switching from refined grains to whole grains but was afraid her children wouldn't like the change. Because the switch was initiated by the student, the family easily embraced the change to whole grains. EFNEP youth nutrition education sparks important conversations at home which lead to big improvements in the diets of Transylvania families.



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