

## 2018 NC Cooperative Extension Yancey 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 Yancey County


In 2018: **328** youth participated in 4-H EFNEP in Yancey 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 Yancey County

 **78%** of EFNEP participants improved dietary intake.

 **23%** now practice daily physical activity.

 **31%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2018, **34** 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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Yancey County  
EFNEP programs obtained

# \$2,206

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Students Are Shocked about the Amount of Sugar in Sodas

To reduce the health risks and medical costs associated with drinking sugar sweetened beverages, the EFNEP program associate in Yancey County facilitated the “Re-think Your Drink” activity with local fifth graders. She asked them to measure the number of teaspoons of sugar they thought were in a serving size of their favorite soft drink. The students expected high levels of sugar would be found in soft drinks, but were shocked to discover the average amount of sugar in one serving was 10 to 18 teaspoons.

To emphasize the quantity of sugar and calories consumed, the students were challenged to complete two math problems. They calculated the number of calories found in various sizes of soft drink containers. They also calculated the number of pounds of sugar they would consume in one year based on individual soft drink consumption.

After the program, pre/post behavior surveys showed 60% of the students had lowered their consumption of sugar-sweetened beverages. Because fewer sugar-sweetened drinks are now being consumed, health risks and medical costs associated with overweight and obesity should be reduced for fifth grade children in Yancey County.

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