

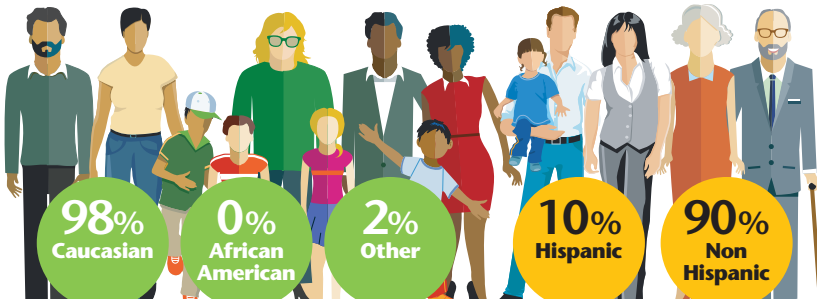
# NC Cooperative Extension 2019 REPORT

## Avery and Mitchell Counties

### 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 2019: **51** families enrolled in EFNEP      **635** participated in 4-H EFNEP  
**98%** 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 2019, 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

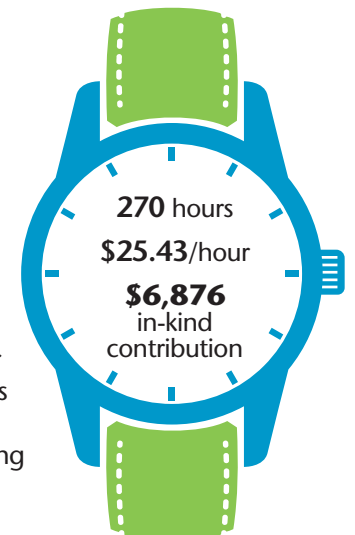
- 100%** of EFNEP participants improved dietary intake.
- 98%** now practice daily physical activity.
- 94%** practice better food resource management.
- 100%** have improved their food safety habits.

### 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.

### Volunteers Strengthen EFNEP

In 2019, **47** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



# 2019 NC Cooperative Extension Avery and Mitchell Counties Report

Avery and Mitchell Counties  
EFNEP programs obtained

# \$15,615

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Participant Makes Changes Resulting in Weight Loss

A participant in the Avery County Expanded Food and Nutrition Education Program (EFNEP) lost six pounds as a result of attending a 10-session series of classes. This series was for local parents and included information on preparing and eating more meals at home, making healthy food and drink choices, increasing physical activity and limiting TV time. There was also an emphasis on planning skills such as planning healthy meals and snacks instead of consuming popular "junk" foods.

At the close of the class series one participant reported that she had been very inspired by the EFNEP Educator to make multiple changes in her diet. She stated that she was now reading food labels and limiting "junk" foods. She shared that she had begun using a food journal on a regular basis at the suggestion of the educator to help her track what she was consuming. She stated that she was making more of an effort to plan healthy meals using the recipes and tools that EFNEP had provided. Because of EFNEP, this participant took steps to assure she would have a healthier future and as a result, she was happy to report that she has lost six pounds.



### 4-H WOW! and EFNEP Help Youth and Their Families Adopt Healthy Behaviors

4-Hers enrolled in the Avery County Expanded Food and Nutrition Education Program (EFNEP) changed their lifestyle by trying new foods and playing outside more often. The six-session series of classes to children enrolled in 4-H WOW! included games for physical activity and preparing their own snacks that are healthy and fun to make. There was also an emphasis on learning safe food preparation skills for children that are already preparing their own snacks and meals at home.

After the series was completed the 4-H staff shared program successes with the EFNEP Educator. Two 4-H staff members reported that they had been very inspired by what they learned through EFNEP. The staff had personally noticed an "air of excitement" from the kids regarding the classes. One staff member stated, "The children have enjoyed having Ms. Melanie work on activities and games with them because she has enthusiasm and enjoys teaching them about these very important lessons."

The EFNEP cooking series was requested by more children than any other choice offered during the 4-H summer camp. The staff also reported seeing the children take the recipes provided during the camp home to their parents and parents reported that the children asked to make the recipes again at home. Parents stated that their children were now trying foods that they never would have tasted at home before EFNEP and staff reported seeing a greater willingness to try new foods in the cafeteria during lunch. The children also requested more time outdoors to play the games taught by the EFNEP Educator. This would ensure they achieved their 60 minutes of physical activity as outlined by MyPlate. It was a great program that helped youth practice healthy behaviors and share them with their families.

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