

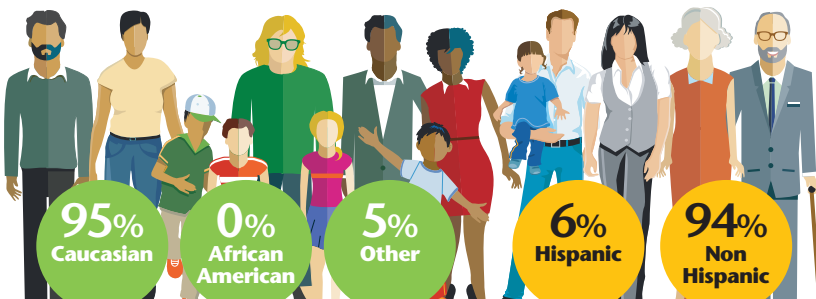
NC Cooperative Extension 2019 REPORT

McDowell County

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 McDowell County

In 2019: **18** families enrolled in EFNEP **841** participated in 4-H EFNEP

56% 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 McDowell County

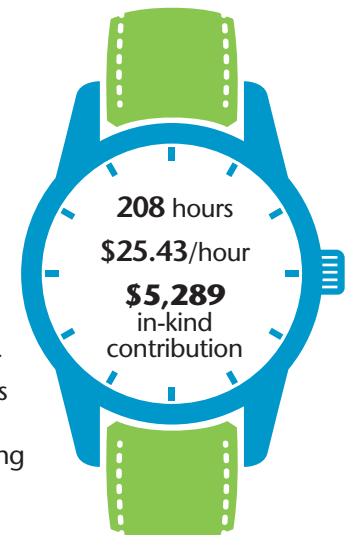
- 92%** of EFNEP participants improved dietary intake.
- 55%** now practice daily physical activity.
- 62%** practice better food resource management.
- 75%** have improved their food safety habits.

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, **41** 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 McDowell County Report

McDowell County
EFNEP programs obtained

\$17,865

in funding and support
from local efforts.

EFNEP SUCCESS



McDowell Students Choose Healthier Drinks

One student in the McDowell County Expanded Food and Nutrition Education Program (EFNEP) changed his eating and exercise habits. One of the lesson activities involved learning how much sugar was in popular drink choices by physically measuring the amount of sugar in their favorite beverages. The EFNEP Educator taught students the importance of reading labels to understand the amount of sugar.

One student commented, *"After taking your class I stopped looking at food as a thrill and more as a source of nutrients.*

I started to read the labels and see what they had in them. It was actually fun figuring out what foods and drinks had in them. Mrs. Bryan's class was hands-on and fun. It had plenty of activities and experiments. She told us about new things that I did not know."



EFNEP Helps Participant See the Value of Cooking Meals at Home

The EFNEP Educator in McDowell county partnered together with the Early Head Start of McDowell to offer a series of nutrition education classes to 10 teachers in this facility. EFNEP helps adult participants learn skills and strategies to feed their family nutritious meals on a limited budget and improve their overall health. Several recipes and tips were shared on how to cook healthier and how to cook on a budget. EFNEP has developed a program that can be shared with the Head Start teachers to help them model healthy eating and physical activity to the children in their care and to serve as an advocate for healthy eating and physical activity for the families served by their Center.

One participant shared that she and her husband eat out a lot because of time restraints and because, *"It's just easier."* The EFNEP Educator challenged the teachers to create a weekly menu and stick to it. Most were surprised at how easy it was to follow when they took

a few minutes to write it out, shop and prepare. The participant said she saved \$70 for the week by cooking instead of eating out. She used several of the recipes shared during the EFNEP class.

This project is a two-year project engaging teachers, parents, and children in the Head Start Center. EFNEP works with other community

partners to help the Center make changes to support healthy eating and physical activity. It begins with the teachers as models and advocates. The comments from teachers in the program demonstrates they are on the path to advocacy for the families they serve.

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