

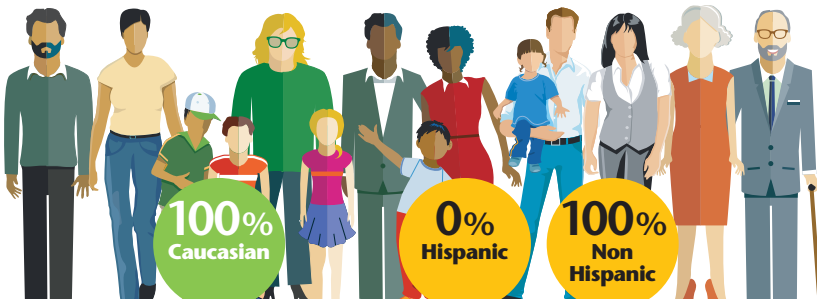
NC Cooperative Extension 2019 REPORT

Yancey 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



In Yancey County in 2019:

11 families enrolled in EFNEP **433** participated in 4-H EFNEP


73% 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 Yancey County

 **86%** of EFNEP participants improved dietary intake.

 **44%** now practice daily physical activity.

 **20%** practice better food resource management.

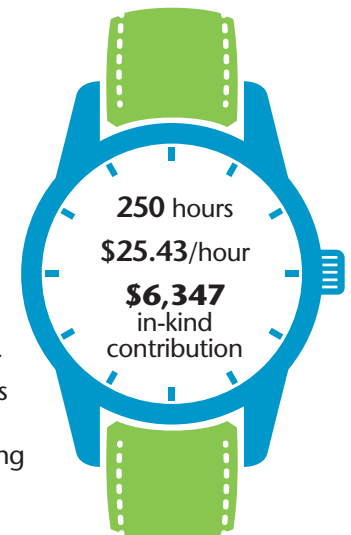
 **55%** have improved their food safety habits.

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, **36** 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

\$29,600

in funding and support
from local efforts.

EFNEP SUCCESS

Teacher Makes Changes Using Food Labels along with Students

A fifth-grade student in Yancey County's Expanded Food and Nutrition Education Program (EFNEP), changed her sugary drink habit. Along with other students she learned strategies to improve her health and about various health topics including MyPlate, physical activity, and reading food labels. Following the "Learning to Use Food Labels" lesson wherein the students all received food labels and compared them to find the healthiest choice, the EFNEP Educator challenged participants to read food labels at home. The students' teacher reported that many students discussed food labels during lunch. Another lesson focused on categorizing foods as "go (foods to have daily), slow (foods to have every once in a while), and woah (foods to save for special occasions)."

After that lesson, the students' teacher reported to the EFNEP Educator that previously she had regularly purchased a vitamin enhanced water. As a result of listening to the "Learning to Use Food Labels" lesson, she examined the food label of her favorite beverage and realized that it had much more sugar than she realized.

This teacher shared that she no longer turns to the vitamin enhanced water as a beverage of choice. Because of EFNEP, she chooses unflavored water to reduce her sugar intake. She commented, "I had no idea [vitamin enhanced water] was a slow food—yikes!"

EFNEP Participant Begins to Move More

A participant in the Yancey County's Expanded Food and Nutrition Education Program (EFNEP) finds herself parking further away to encourage more movement in her day. Participants who attended an EFNEP series learned strategies to improve their family's overall diet. They learned to plan healthier meals incorporating fruits and vegetables. Following the lesson each week, the EFNEP Educator challenged participants to incorporate more movement into



their daily routine. Every week, participants reported back on the success they found.

One participant, a working single mom of four, shared that she often felt too tired to exercise. However, as a result of EFNEP, she now finds herself parking further away when she runs errands to invite more movement into her daily routine.

She points this out to her family members and enjoys how these small choices help her build a more active lifestyle.

The participant shared that she hopes to continue to build upon these small changes to be more active. Because of EFNEP, she now feels more equipped with small, manageable steps she can take towards a healthier life. After the last class, the participant shared, "It seems silly to make a big deal out of parking further away, but I really think it's making a difference."

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