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 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.
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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