

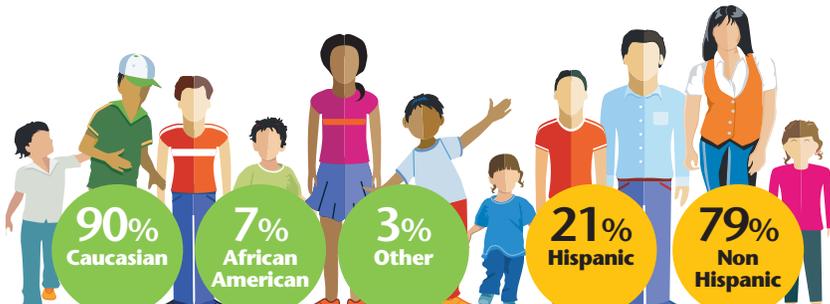
NC Cooperative Extension 2019 REPORT

Macon 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 Macon County

In 2019: **551** youth participated in 4-H EFNEP in Macon County

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.

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 Macon County

- 92%** of EFNEP participants improved dietary intake.
- 62%** now practice daily physical activity.
- 70%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2019, **21** 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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Macon County
EFNEP programs obtained

\$5,665

in funding and support
from local efforts.

EFNEP SUCCESS



Student Recalls EFNEP Lessons from Previous Year

While shopping, an EFNEP Educator ran into one of her former students from a previous year's sixth grade nutrition class. The Expanded Food and Nutrition Education Program (EFNEP) is taught yearly to middle-school students in the county. After briefly discussing his summer, the student wanted to talk about what he had learned the previous year in the EFNEP classes.

He reminded the Educator that *"Sodas are not good for you. They have way too much sugar in them! Right?"* He continued to walk through the aisles of the grocery store and loudly call out things he learned in class, including, *"There are five food groups. Always wash your hands before you eat or make food."* Each time he waited for acknowledgement.

Hearing this student share what he learned through EFNEP openly while in the grocery store affirms that EFNEP makes a big difference in the lives of participating school-aged youth. This young boy is taking the knowledge he learned forward in life and applying it for a healthier future.



Omelet Success

A Macon County student started practicing healthy and safe cooking at home after participating in EFNEP. To help improve Macon County's health rate among its youth, NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with the Macon County School System to deliver a series of nutrition education classes. Each of the lessons included kitchen and food safety skills, games to demonstrate that physical activity is fun, and nutrition information about the different food groups in MyPlate. With each lesson, students learned proper cooking skills and how to make a healthy snack. EFNEP also focused on keeping the youth active and used fun physical activities to emphasize how important it is to be active daily.

The teachers observed many of the students bringing the recipes they made in the EFNEP classes for lunch. One student from the fifth grade class approached the Educator after classes. The student was so excited about the final class. She shared that her brother had learned to make omelets from the Educator a couple years prior, and he would not teach her how to make them. So she always had to ask him to make her an omelet, and he would make it with things he wanted in it. Now, after participating in EFNEP, she makes her own omelet exactly the way she likes it.

A few weeks later, when at the school, the EFNEP Educator saw the student again. She seemed so proud of herself as she talked about how she has been making omelets for herself and her family. She explained she was using the food safety rules that she learned in class, including using a different cutting board for her veggies and her meat and washing her hands before starting and after cracking eggs. She also explained that she thinks her omelets are better than her brother's.

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