

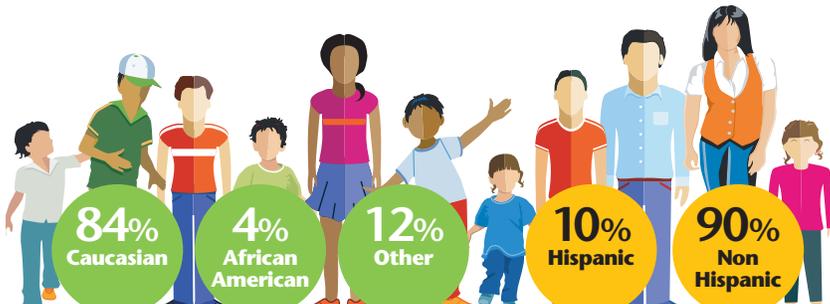
# NC Cooperative Extension 2019 REPORT

## Transylvania 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 Transylvania County

In 2019: **510** youth participated in 4-H EFNEP in Transylvania 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 Transylvania County

- 84%** of EFNEP participants improved dietary intake.
- 37%** now practice daily physical activity.
- 65%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2019, **29** 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 Transylvania County Report

Transylvania County  
EFNEP programs obtained

# \$12,027

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Healthy Snacks are the Choice in Transylvania

Second grade teachers from Rosman Elementary have heard students asking their parents for healthier snacks. This is after they partnered with the Transylvania County EFNEP Educator to provide a series of nutrition lessons to the students. The lessons focused on eating a variety of foods and making healthy food selections within each group. Children also sampled foods from each food group representing examples of healthy snack choices.

Over the course of the EFNEP lessons, teachers noticed that snack choices that students were bringing from home were improving. This indicated that students were demonstrating mastery of nutrition concepts by applying them to their own food selection. Pre and post evaluation data echoed this increase in knowledge, with 25% of the students improving their response to a question asking them to select healthy snacks.

One teacher remarked, *"As a result of EFNEP nutrition classes, students are bringing healthier snacks from home; I have overheard them asking their parents for healthier foods in the grocery store, and many of my pickiest eaters have tried foods that I never thought they would!"* Providing students with nutrition education through EFNEP promotes responsibility and better food choices among youth.



### Brevard Elementary Students Choose Water

Forty-two percent of the students in the Transylvania County EFNEP Educator's class decreased sugary beverages. The educator wanted to increase awareness about healthy drink choices among the Brevard Elementary fourth-grade students. Students learned the health benefits of drinking water every day. They also learned the risks associated with

drinking too many sugary drinks including the increased risk of obesity, dental caries, and Type II diabetes.

During a series of EFNEP nutrition lessons, the EFNEP Educator demonstrated the number of teaspoons of sugar in sodas, sports drinks, and fruit-flavored, sugary drinks. The students were surprised at the amount of sugar in various drinks and also shocked by the additional physical activity needed to compensate for the extra calories consumed. Students also realized that most of these drinks did not provide beneficial nutrients like vitamins, minerals and protein found in low-fat milk.

A pre and post survey of student behaviors showed that after learning about sugary drinks, 42% of students reduced their weekly consumption of sports drinks and sugary, fruit-flavored beverages. Thirty-three percent of students reduced their weekly soda intake. Providing students with nutrition education that they can use to help guide their food and beverage choices has a substantial impact on health outcomes.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

