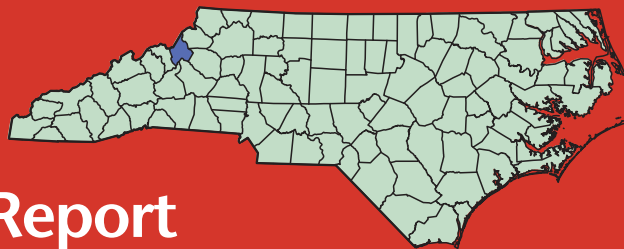




4-H EFNEP



Avery County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Youth Eat Smart and Move More: 2008 Program Successes for Avery County

Results of the 68 youth participating in EFNEP

- 80% of 68 youth now eat a variety of foods.
- 90% of 68 youth increased their knowledge of the essentials of human nutrition.
- 100% of 68 youth increased their ability to select low-cost, nutritious foods.
- 90% of 68 youth improved practices in food preparation and safety.

4-H EFNEP Success

The National Center for Chronic Disease Prevention and Health Promotion has stated that our American society has become 'obesogenic'. This 'obesogenic society is characterized by environments that promote several risk factors including increased food intake and the consumption of non-healthy foods. Hoping to decrease these two risk factors and their effects on obesity in Avery County, the 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) partnered with the Youth Opportunities Program to teach a group of 10 youth how to make healthier food choices. Pre/post evaluation results showed that by the end of their six-lesson series, 90% of the youth had increased their knowledge of human nutrition, 100% had increased their ability to select low-cost nutritious foods, and 80% were eating a greater variety of foods. These outcomes suggest that the 10 youth participating in this 4-H EFNEP series have helped to change the 'obesogenic' environment in Avery County!



The Expanded Food and Nutrition Education Program (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. Using "hands-on" experiences, participants are taught to: make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2008, North Carolina EFNEP served 45 counties.

EFNEP's mission is to assist families and youth with limited resources in making simple changes in eating behaviors and daily physical activity so that, over time, healthy choices become healthy habits.



efnep@ncsu.edu
www.ncfnep.org