

EFNEP SUCCESS STORIES

2012 NC Cooperative Extension Bertie County

EFNEP Helps Change Unhealthy Lifestyles

Limited resource families sometimes have a difficult time accessing information on nutrition and health related data. The Bertie County's Expanded Food and Nutrition Education Program (EFNEP), with the help of the grant from United Health Systems, teaches limited resource families how to make significant lifestyle changes through healthy eating and exercise. Last year, Bertie County's EFNEP reached 143 families. While participants were enrolled in the program, 98% showed improvement in their diets. Also, 95% showed improvement in their resource management practices and 96% showed improvement in their nutrition practices. They also had 89% improve their food safety practices.

Changing behavior can be very challenging for anyone because diet and lifestyle is greatly influenced by a person's culture, physical environment, and social networks; these challenges are often compounded for limited resource families because of constrained budgets. EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, exercise strategies, and shopping on a limited budget. EFNEP improves the lives of each one of these families with the positive changes they have made by reducing their risk of obesity related illnesses and supporting healthy lifestyles.

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1. Centers for Disease Control and Prevention. Overweight and obesity. Centers for Disease Control and Prevention website. <http://www.cdc.gov/obesity/childhood/consequences.html>.

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Bertie Youth Decrease Their Risk of Obesity

Prolonged unhealthy eating and physical inactivity significantly contribute to chronic disease and obesity. Childhood obesity has become a major problem in recent years; in fact, more than 3 out of 10 children between the ages of 2-18 in North Carolina are overweight or obese. This places them at an increased risk for developing diseases such as type 2 diabetes or hypertension, makes them more likely to face social discrimination and have low self-esteem.¹ In order to reverse this unhealthy and dangerous trend in young people, the NC Cooperative Extension has conducted programs aimed at reducing the number of youth impacted by this epidemic.

Bertie County's Expanded Food and Nutrition Education Program (EFNEP), in partnership with United Health Systems Grant, reached 313 youth this year through their nutrition classes. After completing the program, 83% of the youth are now eating a greater variety of healthy foods, and 92% increased their nutrition knowledge. They also had 96% of students increase their ability to select low-cost nutritious foods, and 38% of students increased their ability to handle and prepare food safely. Through the EFNEP program, youth participants learn and implement healthy choices into their lives. This has the potential to have significant long term effects not only for themselves, but also their families.



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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