

EFNEP SUCCESS STORIES

2012 NC Cooperative Extension Duplin County

Teacher Works Hard to Become Healthy

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. The Expanded Food and Nutrition Education Program (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. This program improves the lives of each one of these families through the positive changes they have made to reducing their risk of obesity related illnesses and supporting healthy lifestyles.

A teacher from a Migrant Head Start center was overweight for many years. She had tried many diet programs but none had been successful. Because of her unhealthy weight, she was unhappy and often felt too tired to play with her students.

The Duplin County EFNEP PA encouraged teachers and staff at Migrant Head Start center to enroll in her program. She used motivational teaching to encourage her participants to make healthy changes that would last a lifetime. She taught them simple strategies to eat smart and move more.

As a result of enrolling in EFNEP, this teacher has changed her lifestyle habits completely. She now has a diet high in fiber and low in fats and sugars. She also increased her physical activity to 60 minutes a day. Seven months later, she has lost 30 pounds.

The teacher at the Migrant Head Start has changed her outlook on life. She's healthier and can now keep up with the children in her classroom!



Head Start Director Makes Simple Changes to Encourage Exercise

Teachers and staff at Migrant Head Start center have significantly changed their eating and exercise habits in order to become healthier through EFNEP classes.

As a result of EFNEP, the center director of Migrant Head Start realized she needed to support her staff's desire to be healthy. She encouraged staff to exercise during breaks. She also converted an unused room into a workout room that had donated exercise equipment. After seven months of EFNEP, teachers and staff feel better and three teachers have lost over 60 pounds combined!

The teachers and staff of the Migrant Head Start center have changed their outlook on life. Their new lifestyle has kept them energized throughout the workday.

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efnep@ncsu.edu • www.ncefne.org