

EFNEP SUCCESS STORIES

2012 NC Cooperative Extension Gates County



Camp Teaches Youth Healthy Eating Habits

Prolonged unhealthy eating and physical inactivity significantly contributes 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 are overweight or obese in North Carolina.¹ Overweight kids have a 70–80 percent chance of staying overweight their entire lives.²

In order to address this epidemic, the NC Cooperative Extension and the Expanded Food and Nutrition Education Program (EFNEP) has conducted programs aimed at reducing the number of youth impacted by this epidemic. The Motion For Life 4-H EFNEP summer camp helped youth ages 5-12 learn how to become more healthy. At camp, students participated in outdoor sports and learned how healthy eating helps their body gain energy and important nutrients. Before attending camp, most of the youth struggled with making healthy snack choices. But after the nutrition program assistant gave healthy snack demonstrations, the youth had a healthy visual of how to prepare snacks made with real fruit and vegetables. As a result of 4-H EFNEP, the youth ate healthier snacks, drank fewer soft drinks and participated in more physical activities.

EFNEP Volunteer Discovers His Passion to Become a Teacher

EFNEP sometimes changes lives in unexpected ways. In Gates County, Mr. Hendricks volunteered to assist the Gates County Cooperative Extension's Nutrition Program Assistant in the EFNEP youth programs. As a mediator and educational assistant, Mr. Hendricks assisted in passing out worksheets for every lesson and reviewing them with the youth to ensure the youth understood the lessons. Becoming an EFNEP volunteer gave him more experience with children in the community. As a result of volunteering as a 4-H EFNEP assistant, Mr. Hendricks is now employed with the Gates County Cooperative Extension services as a Program Assistant for Genesis—a program to help young men in the juvenile delinquency program. Mr. Hendricks has discovered a passion for helping young people and wants to become a teacher. He is currently enrolled in online courses to help him reach his goal of becoming an English instructor.

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.

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>.

2. http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_304175.pdf

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.



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

efnep@ncsu.edu • www.ncefne.org

NC STATE UNIVERSITY

NORTH CAROLINA A&T
STATE UNIVERSITY

NC State University
A&T State University
**COOPERATIVE
EXTENSION**
Empowering People • Providing Solutions