

EFNEP SUCCESS STORIES

2012 NC Cooperative Extension Nash County

Woman Plans Her Meals to Control Her Diabetes

Diabetes is ranked as one of the top five health issues for Nash County, and is in fact among the leading causes of preventable death and disability in North Carolina.¹ Because diabetes often stems from underlying risky health behaviors such as physical inactivity and poor diet, prevention programs are crucial in order to reverse these alarming trends in Nash County. By addressing these preventable, underlying health risk factors, the Expanded Food and Nutrition Education Program (EFNEP) provides a cost effective education system for families who want to change their lifestyle choices, but who need some initial support and training.²

Recently, EFNEP partnered with Nash County Cooperative Extension service where participants learned about basic nutrition education and practiced preparing healthy meals. After completing the lessons, one diabetic participant shared that she really enjoyed the program and learned so much. She said that as a result of EFNEP, she was able to increase her and her husband's fruit and vegetable intake. The participant also shared that she was able to accomplish this goal because of her successful menu planning training that she received. She even takes preplanned menus to the diabetes educator who is impressed with her menu planning skills.

EFNEP supports families who struggle overcoming the barriers to living a healthy lifestyle through education, budgeting, community support, and creative ways to prepare and cook healthy foods. With EFNEP, many families impacted by the program have made the necessary changes in their lifestyles to decrease their risk of chronic disease and improve their family's overall health and wellbeing.

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. Hastings J et al (2010) Prevention for the health of North Carolina. NC Med J, 71(1): 30-47.

2. Ibid

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



EFNEP Uses Real Life Examples

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.

One reason why EFNEP participants are successful at changing lifestyle habits is because EFNEP uses real life situations to reinforce the skills learned in class. This is because people are more likely to adopt a new practice when they are able to translate class lessons to their own environment. Through collaborative efforts with the North Carolina Cooperative Extension Service, EFNEP participants have the opportunity to tour a grocery store as a part of a series of classes where participants learned how to feed their families healthier foods on a limited budget.

Participants used the tour to practice using the skills they learned in class, such as comparing nutrition labels and practicing unit pricing on many different healthy foods. All the participants practiced finding foods low in fat, sodium, and high in nutrition. Participants were challenged to shop for nutritious foods from each food group to take home and prepare for their families. Each participant purchased a whole grain product, vegetable, fruit, low fat dairy item and a lean protein using skills gained in EFNEP for under \$10. As a result of the tour, participants said they had become more confident in their ability to shop for healthier foods, and the experience connected the lessons learned in class to their real life shopping needs. Each participant expressed greater confidence in their ability to feed their families healthy foods on limited incomes.