

# EFNEP SUCCESS STORIES

## 2012 NC Cooperative Extension Surry County

### Mother's New Healthy Lifestyle Improves Her Son's Health, Too

Limited resource families often have a difficult time gaining access to information on nutrition and health related data. Even though most people know that eating vegetables is a smart and healthy choice and can reduce the risk of chronic disease, families with limited resources are less likely to implement healthy vegetables in to their and their children's diets.<sup>1</sup> The Expanded Food and Nutrition Education Program (EFNEP) works to bridge the gap between knowledge and action.

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. This program 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.

In Surry County, one series of EFNEP lessons were provided to mothers with young children. After participating in the program, one mother stated, "I have put into practice the information discussed in the program, such as eating more fruits and vegetables and being careful with portion sizes. My good example has also helped my son who has been struggling with obesity. I am happy to say that we have both lost over 20 pounds and are feeling much better." These positive changes in this family's diet will contribute to improving their health, reducing the risk of chronic disease, and potentially save money on medical costs.



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1. Blisard N, Stewart H, Joliffe D. 2004. Low-income households' expenditures on fruits and vegetables. Agric. Econ. Rep. 833. Washington, DC: USDA; Leibtag ES, Kaufman PR. 2003. Exploring food purchase behavior of low-income households: How do they economize? Current Issues in Economics of Food Markets, United States Department of Agriculture, 747-07.

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efnep@ncsu.edu • www.ncefne.org