

EFNEP SUCCESS STORIES

2012 NC Cooperative Extension Wayne County



Woman Makes Changes and Is Now No Longer Pre-Hypertensive and Pre-Diabetic

The Expanded Food and Nutrition Education Program (EFNEP) teaches participants to prepare and eat healthy foods as well as to increase daily physical activity. One program participant was sedentary most of her life. As a result, she had developed pre-hypertension and pre-diabetes. Fortunately, she enrolled in EFNEP and learned ways to cut back on unnecessary calories and increase her physical activity. She has stopped drinking soda and other sugar sweetened drinks and replaced it with water or diet beverages. She also takes steps to increase her activity by walking every day for at least 30 minutes. As a result, she is no longer considered pre-hypertensive or pre-diabetic. The simple steps she learned in EFNEP has helped reduce her risk for heart disease.

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.

Daughter Encourages Family to Make Healthy Changes

In Wayne County, the Expanded Food and Nutrition Education Program (EFNEP) Program Assistant recently ran into a former student and her mother at a local grocery store. The mother excitedly told the Program Assistant what a good impression she had on her daughter, including how her daughter always makes sure everyone in the family washing their hands before eating anything, and how they now take a walk after dinner every night. The Program Assistant was overjoyed at the positive impact she has made in her community and is proud that she has become a role model for families in Wayne County who are taking steps to live healthier lives.

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. Yet EFNEP does not only impact the lives of participants, because it also changes the lives of community members who are employed and volunteer with EFNEP. With EFNEP, Program Assistants and volunteers become skilled advocates for health and nutrition in their communities and encourage others to make the necessary changes in their lifestyles to decrease their risk of chronic disease and improve their family's overall health and wellbeing.

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EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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