

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Gaston County



Youth Enjoy Other Drinks to Increase Vitamin D and Calcium Intake

During a series of 4-H EFNEP lessons, third graders at a local elementary school learned about making healthy choices, including consuming recommended amounts of dairy foods. Students learned about the importance of adequate calcium and Vitamin D intake to help build strong bones, but many shared that they didn't like to drink milk. The EFNEP program assistant knew growing children needed their vitamin D to build strong bones and that other sources can provide these nutrients. So during the lesson, youth tried soymilk and many said they liked it. Several students reported that after the lesson they asked their parents to buy soymilk so they could drink it at home. EFNEP program goals are to ensure that participants find ways to enjoy what they're eating and improve their health at the same time. Calcium and vitamin D are very important for youth to guarantee proper growth and development, therefore showing them ways to increase their intake is important.

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.

Third Graders Become More Physically Active as a Result of EFNEP

The Center of Disease North Carolina Nutrition, Physical Activity and Obesity profile reported that only 24.1% of adolescents reported being physically active for a total of at least 60 minutes per day.¹ According to the 2008 Physical Activity Guidelines for Americans regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. They also typically have lower body fatness. Their bones are stronger, and they may have reduced symptoms of anxiety and depression.² The EFNEP program in Gaston County partnered with the local elementary school to encourage physical activities in 3rd graders. In a recent 4-H EFNEP lesson, third graders at a local elementary school learned new ways to be active. The program assistant taught the students activities they can do at home with their families. Instead of feeling like they "had to do" activity, they learned how to incorporate physical activity into activities like the Hokey Pokey and dancing. Because of the 4-H EFNEP lessons 37% improved in their responses to: Do physical activities?, 11% improved in their responses to: Being active everyday is fun?, 11% improved in their responses to: Being active is good for me?

1. WEBNEERS Data Gaston County Youth Summary Checklist http://www.eatsmartmovemorenc.com/Data/Texts/PA-Indicator-Report-&-Action-Guide_North-Carolina.pdf
2. <http://www.health.gov/paguidelines/guidelines/chapter3.aspx>

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.



NC STATE UNIVERSITY

NORTH CAROLINA A&T
STATE UNIVERSITY



United States Department of Agriculture
National Institute of Food and Agriculture