

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Gates and Hertford Counties



Participants Begin Planning Meals to Save Time and Money

According to the World Health Organization, “Unhealthy diets and physical inactivity are key risk factors for the major noncommunicable diseases such as cardiovascular diseases, cancer, and diabetes.” During a series of lessons, participants at a local community center learned about physical fitness so they could work toward achieving a healthier weight. Participants followed the fitness plan but soon realized they needed to adjust their eating habits in addition to increasing their physical activity. The community center then partnered with EFNEP in Gates County to provide strategies for making healthy food choices. Prior to the EFNEP lessons, participants were choosing quick, convenience meals, often fast food. During the EFNEP series, participants learned how to follow a Plan, Shop, Fix, and Eat strategy. By the end of the series, participants were planning their meals for the week and making a grocery list to help them shop. Additionally, they learned preparation skills to help them prepare more meals at home and eat together with their families.

<http://www.who.int/dietphysicalactivity/en/>

Teachers Notice Students Making Healthier Drink Choices

In recent 4-H EFNEP class, middle school students in an afterschool program learned about the importance of making smart drink choices. According to the National Bureau of Economic Research, students with an overweight parent (it is found that these students are more susceptible to weight gain) in schools that demonstrate a 10 percent increase in the availability of junk food, could potentially raise their BMI by 2%. After school, students are allowed to purchase drinks from the vending machines, and often they choose high-calorie sodas. The 4-H EFNEP program assistant used the curriculum, SyberShop, to walk the students through a virtual cafeteria. Students practiced choosing low-calorie drinks, such as water and low-fat milk, and choosing healthy breakfast and lunch options that included more fruits and vegetables. One teacher noticed after the lesson, the students were choosing 100% fruit juice and lower-sugar options.

<http://www.nber.org/digest/sep05/w11177.html>

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.

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efnep@ncsu.edu • www.ncefne.org