

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Martin County



Two Participants Lose 10 Pounds Following EFNEP Strategies

The Expanded Food and Nutrition Education Program (EFNEP) in Martin County partnered with a local child care center to offer a series of nutrition education classes to its workers. Using the EFNEP's Families Eating Smart and Moving More curriculum, the focus of the series was to help the group of childcare providers see the dangers of being overweight. Among many topics discussed was the need to make smart beverage choices and reduce the intake of sugary drinks.

Following the series, an analysis of pre and post food recall data showed that 90% of the participants in this group reported cutting down or eliminating soft drinks all together. They now drink more water and choose diet soft drinks, instead of regular. Additionally, participants reported they now limit their portion sizes and are eating closer to the recommended amounts for each food group.

Two participants from this group reported that they have each lost 10 pounds by following the strategies provided during the EFNEP lessons. As a result of EFNEP, these participants are taking the necessary steps to adopt new behaviors that help them to achieve a healthy weight.

Participant Publicly Thanks EFNEP

Teaching children healthy eating and physical activity is a part of the Essential Standards for North Carolina Schools. Children who are home schooled in North Carolina are expected to meet these same standards.

In Martin County, Cooperative Extension's 4-H Youth Expanded Food and Nutrition Education (4-H EFNEP) partnered with a local home school group to offer a series of interactive nutrition education classes designed to meet the standards for NC Schools and to help children adopt healthy eating and physical activity behaviors.

The youth participating in the series learned about the importance of choosing foods from the food groups on *MyPlate* and strategies for increasing their physical activity.

After the series of lessons, one parent shared through Facebook, "I just wanted to let you know your nutrition class has made a great impact on our family. My sons talk about healthy choices at most meals. Grocery shopping has become a learning experience now that we look for healthier choices together. You started a lifelong thinking pattern in their young minds. For that I am so very thankful."

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