

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Pitt County

### Participant Receives Medical Attention on Advice of EFNEP Program Assistant

Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) of Pitt County teaches families the knowledge and skills they need to improve their overall health and the health of their families. In a recent EFNEP class, the program assistant helped a participant seek medical attention for undiagnosed high blood pressure. The Program Assistant recognized symptoms the participant shared he was experiencing, such as frequent headaches and not feeling well, and advised him to have his blood pressure checked. On the advice of the EFNEP Program Assistant, the participant went to see a doctor and, as a result, was immediately put on blood pressure-lowering medications. During the series of lessons, the program assistant discussed with him that his diet, mostly convenience foods, was high in sodium and low in important nutrients. The participant shared that he learned strategies for making healthy choices and increasing his physical activity, both of which he now knows are important to managing his condition.

### Mom and Daughter Make Changes for Better Health

According to the Harvard School of Public Health, children and youth in the US averaged 224 calories per day from sugary beverages in 1999 to 2004—nearly 11% of their daily calorie intake. From 1989 to 2008, calories from sugary beverages increased by 60% in children ages 6 to 11, from 130 to 209 calories per day, and the percentage of children consuming these empty calories rose from 79% to 91%.<sup>1</sup>

In a recent EFNEP class, a participant wanted to know more information to help improve her family's eating habits. During a recent office visit, her daughter's pediatrician asked the participant to limit the amount of juice she gave her daughter so that she would lose weight. The participant wanted to make the necessary changes but did not know what to do.



As part of the series of EFNEP lessons, the participant learned the recommended amounts in each food group and the importance of serving low-fat milk and water, instead of juice and soft drinks. Also, she learned that when buying juice, she should choose 100% fruit juice and give smaller amounts.

After the series of lessons, the participant shared that her daughter has lost 10 pounds, and that the participant has now made changes to what she eats and drinks so that she can be a better role model to her family, especially her daughter.

### EFNEP and Public School Partnership Lead to Healthy Choices at Home for Kindergartener

A teacher at a local elementary school in Pitt County contacted Cooperative Extension's 4-H EFNEP Program Assistant when she was concerned that the student had been steadily gaining weight since the start of the school year. The teacher noticed the student brought an unhealthy snack each day and was concerned that she did not have healthier options available to her at home.

EFNEP offers a series of nutrition education to kindergarteners that help them learn about the importance of making healthy choices from each of the food groups on *MyPlate* and being physically active each day. During each lesson, the students tasted a healthy recipe and learned to identify the food groups in snacks and meals.

Following each lesson of the series, the teacher discussed the 4-H EFNEP recipes with the student's parent, and the student asked her father to prepare the recipes as snacks she could bring with her to school. This partnership between EFNEP and the teacher led to both the parent and child making healthier choices. By using EFNEP as a tool for good health, the young student and her parent learned the value of nutritious snacks and what they can do for your health.

*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.*

1. <http://www.hsph.harvard.edu/nutritionsource/sugary-drinks-fact-sheet/>

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