

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Surry County

Participants Learn to Manage Diabetes, Loses 68 Pounds

The diabetes prevalence among North Carolina adults has more than doubled from 4.5% in 1995 to 9.6% in 2009.¹ In the Piedmont region of North Carolina, where Surry County is located, approximately 8.2% of adults have diabetes.² The risk factors for diabetes and its complications include overweight/obesity, physical inactivity, and unhealthy diet.³

During a recent series of Expanded Food and Nutrition Education Program (EFNEP) lessons offered as part of Cooperative Extension, participants learned strategies to make healthy choices and combat unhealthy behaviors associated with chronic diseases. One participant of the series, who has type 2 Diabetes, shared that because of what she learned, she has increased her fruit and vegetable intake and eats smaller portions of food. Also, the participant shared that she is now more active and has lost 68 pounds following the strategies she learned. Recently she shared, "I'm very grateful to the Expanded Food and Nutrition Education Program for the knowledge and encouragement I've received in order to make these changes."

Participant Learns Way to Move More, Loses 30 Pounds

In North Carolina, approximately 65.3% of adults are overweight and obese.⁴ Only 18.3% meet the current recommendations for physical activity.⁵

In an effort to help combat this problem, the EFNEP Program Associate with Surry County Cooperative Extension partnered with the Workforce Development Center to teach classes that provide participants with strategies to make healthy choices.

During each lesson, participants were encouraged to increase their physical activity and learned simple activities they could do at home. At the end of the program, one participant stated, "Before, I could not even walk to the end of my driveway to get my mail without losing my breath. Now, however, I have lost over 30 pounds and walk all through the neighborhood feeling great. At my last check-up, my health had improved so much that my doctor said he thought he was examining a totally different patient."



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. The Burden of Diabetes in North Carolina 2010. NC Diabetes Prevention and Control Program Fact Sheet. 2012.

http://www.gvdhd.org/download/CHA%20Appendix%20K_Diabetes%20Burden%20in%20NC_%202010%20Fact%20Sheet_2012.pdf

2. Ibid.

3. Ibid.

4. <http://www.eatsmartmovemorenc.com/Data/Texts/Quick%20Facts.pdf>

5. Ibid.

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