

# EFNEP SUCCESS STORIES

## 2014 NC Cooperative Extension Forsyth County



### Healthy Choices Results in Better Concentration at School

According to the most recent State of the County Health Report, the pregnancy rate in Forsyth County was 32.7 per 1000 population in 2013.<sup>1</sup> Pregnancy during the teen years places teens at nutritional risk because of the increased demand for calories and nutrient requirements. Forsyth County Expanded Food and Nutrition Education Program (EFNEP) partnered with the local school system to address the nutritional risks of pregnant teens in the county.

A pregnant teen participating in EFNEP revealed that she missed breakfast on most mornings and almost always ate unhealthy foods for lunch. She worried about gaining too much weight especially because she was not being active. As a result, this pregnant teen often felt extremely tired and found it difficult to concentrate causing her grades to decline.

In response, the EFNEP Program Assistant focused her lessons on the importance of eating well-balanced meals using *MyPlate* as a guide. Participants practiced making their own plates using a variety of food models. They were able to visualize how much they needed to eat and what their plates should look like. Additionally, participants were given a walking video to encourage physical activity indoors.

As a result of EFNEP, one of the participants shared that she has since started eating breakfast at home and packs healthier lunches. Her energy level has increased too. She has begun walking at least 20 minutes every day and even practices yoga. She reported having better concentration and saw improvement in her grades.

*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://files.www.appcnc.org/data/map/northcarolina/2013\\_pregnancies\\_15-19\\_ranked.pdf](http://files.www.appcnc.org/data/map/northcarolina/2013_pregnancies_15-19_ranked.pdf):

### Healthy Drink Choices of Young Mom Results in Healthier Choices for the Entire Family

Sugar-sweetened beverages are a top source of calories in a teen's diet.<sup>2</sup> The consumption of sugar-sweetened beverages can displace healthier beverages such as low-fat milk and water in the diet which provide important nutrients, especially for pregnant women. Forsyth County Expanded Food and Nutrition Education Program (EFNEP) helps pregnant and parenting teens improve their nutritional health and physical activity.

One participant in the program shared that she disliked the taste of milk and water and would only drink sweet drinks such as sodas. In addition, she regularly gave her 3-year old daughter sugar-sweetened drinks rather than water. Although her daughter drank milk, she wasn't meeting the recommended amounts and she was drinking whole milk rather than low-fat or skim.

After the EFNEP lesson on "Making Smart Drink Choices," the participant realized she could be providing her daughter with extra calories by consuming too many sugary drinks. The lesson on reading the nutrition facts helped her conceptualize how many excess teaspoons of sugar were in the sugar sweetened beverages she consumed. In addition, the participant compared the amounts of fat in whole milk, low-fat, and skim. She was surprised at how many calories and fat she and her daughter could save just by switching from sugar-sweetened beverages to low-fat milk and water.

As a result of attending EFNEP classes, the participant has replaced her sugary drinks with low-fat milk and water. She has stopped buying sugar-sweetened beverages and when she craved a soda, she chose diet. Her family is now eating healthier and drinking water with all their meals. She has been putting the money she used on vending machines aside and has realized that "she was spending a lot of money over the years on products that were not healthy for her or her family."

2. <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks>



United States Department of Agriculture  
National Institute of Food and Agriculture