

# EFNEP SUCCESS STORIES

## 2014 NC Cooperative Extension Guilford County



### Young Teen Cuts the Sugar Following 4-H EFNEP Drink Lesson

Sugar-sweetened beverages are a top source of calories in a teen's diet.<sup>1</sup> A student enrolled in the Guilford County 4-H Expanded Food and Nutrition Education Program (EFNEP) shared that she drank at least three regular sodas a day and rarely drank water. Additionally, this participant often replaced food with regular soda at breakfast and lunch.

During a recent series of lessons, the 4-H EFNEP Program Assistant used the curriculum Sybershop and emphasized the importance of choosing healthier beverages. As part of the lesson, students compared the nutrients in calcium-rich beverages to regular sodas and saw visuals of the amount of sugar that regular soda and other popular sugar sweetened beverages contained. Students also learned the relationship between calcium and osteoporosis and the importance of getting adequate calcium throughout the teenage years.

As a result of participating in 4-H EFNEP, the student has said that she no longer buys regular soda every day but prefers water instead. She stated that not only has she reduced her consumption of empty calories, she has also been able to save money. During the week, she chooses low-fat milk as part of her school breakfast and lunch. By making smart drink choices, such as low-fat milk, this 4-H EFNEP participant is increasing her consumption of the important bone-building nutrients, Vitamin D and calcium.

*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/healthy-drinks/sugary-drinks/>
2. [www.co.guilford.nc.us/publichealth/divisions/wpcontent/uploads/2013/01/2012sotchfinal.df](http://www.co.guilford.nc.us/publichealth/divisions/wpcontent/uploads/2013/01/2012sotchfinal.df)

### Partner Agency Matches Policy to EFNEP Lessons

Overweight and obesity continue to be a problem in Guilford County. According to the State of Guilford County Health Report for 2012, 28% of adults are obese and 23% of adults are physically inactive.<sup>2</sup> Often times, poor diet and limited physical activity will result in obesity which can lead to other serious health concerns.

In an effort to address this problem, Guilford County Extension partnered with Carelink Solutions, a local nonprofit agency that provides educational opportunities to limited resource individuals, to deliver a series of Expanded Food and Nutrition Education Program (EFNEP) lessons.

During the series, the local agency's coordinator, who serves as an EFNEP volunteer, observed the lessons. After listening to several lessons, the coordinator realized that the lunches served through her program, and to the current EFNEP participants, did not match with the nutrition messages that were shared as part of the EFNEP lessons. She discovered that her agency served a lunch that consisted of convenience foods, often high in calories, fat, and sodium.

After making this realization and with help from the EFNEP Program Assistant, the coordinator worked with her kitchen staff to develop a meal plan that incorporated all the food groups from *MyPlate*, especially fruits and vegetables. In addition, to encourage her participants to increase their physical activity, the coordinator built a physical activity component into the program that included three-times a week scheduled group physical activity classes led by a fitness instructor.

As a result of partnering with EFNEP, this local agency now serves their participants healthy nutrient-dense lunches that are high in fiber and low in fats and sodium. Furthermore, the agency has continued to offer physical activity. Recently, the coordinator reported that these changes have a positive effect on the learning environment as well as the health of the participants.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



NC STATE UNIVERSITY

NORTH CAROLINA A&T  
STATE UNIVERSITY



United States Department of Agriculture  
National Institute of Food and Agriculture