

EFNEP SUCCESS STORIES

2014 NC Cooperative Extension Northampton County

Mom Makes Changes to Reduce Her Children's Risk of Obesity

In Northampton County, 38 percent of adults are obese.¹ Obesity is a major factor in increasing one's risk for chronic diseases such as diabetes, hypertension and cardiovascular disease.

The Expanded Food and Nutrition Education Program (EFNEP) helps participants learn skills and strategies to feed their family nutritious meals on a limited budget and improve their overall health. The skills learned also help families learn how to change behaviors that place them at risk for overweight and the diseases associated with being overweight like heart disease and diabetes.

During a recent series of lessons, one participant stated that all of the women in her family are obese, and she did not want her three daughters to grow up to be obese. She sought help from the EFNEP Program Assistant, who shared with her ways she could make healthy food choices with her family. After the *Making Smart Drink Choices* EFNEP lesson, the participant looked closely at the amount of calories she consumed as soft drinks and juices. She said prior to EFNEP, she didn't think about how many excess calories she had been giving to her children in the form of soft drinks and juice drinks. She now serves her children water with meals instead of soft drinks.



Participant Makes Changes and Loses 75 Pounds

During an office visit at the local health department, a participant learned about EFNEP. During a recent series of lessons, she shared with the program assistant her frustration with her body weight. She shared that she "felt heavy, fat, and unattractive" and that she "tried going on diets and exercising several times but could not stick with it. It just didn't seem to work for her. She just kept getting bigger and bigger."

Since attending the lessons, the participant has been able to make healthy changes. She stated that her family prepares the EFNEP recipes she learned how to make in class, and after dinner, her whole family goes for a walk together. Recently, she shared that since March 2013, she has lost 75 pounds. "Since I have lost the weight I feel so much better and I move around better. I love it." Thanks to (the EFNEP program), I feel good about myself and I am a lot healthier."

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 Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://apps.nccd.cdc.gov/DDTSTRS/default.aspx>. Retrieved 10/31/2014

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