

EFNEP SUCCESS STORIES

2014 NC Cooperative Extension Orange County

Summer Nutrition Camp for Youth Helps Young Boy Make Changes to Reduce Risk of Obesity

According to the 2011 Orange County Health Assessment, children ages 5-11 have a 28.2% obesity rate and children ages 12-18 have a 40.5% obesity rate.¹ Children and adolescents who are obese are more at risk for adult health problems such as heart disease, type 2 diabetes, as well as other diseases.²

In Orange County, the 4-H Expanded Food and Nutrition Education Program (EFNEP) Program Assistant taught physical activity and healthy eating, in an effort to decrease childhood obesity among the participants. Changes in behavior were evaluated with pre and post- evaluations. These evaluations were compared to see how EFNEP's Kids in the Kitchen lessons impacted behavior change in the youth.

Many youth participants benefited from this program. One parent reported that after the summer EFNEP program, her children were watching less television and asked to play more outside. Another parent reported that she took her son to the doctor and discovered that he lost five pounds during the program due to the healthy changes the family adopted. The mother and doctor attributed this weight loss to the boy's participation in the EFNEP summer program where he learned the benefits of physical activity and healthy eating. The Program Assistant also witnessed a positive change when she saw a participant from last summer's camp program who could still recall the benefits of physical activity that he learned during the program.

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.

Young EFNEP Mom Sustains Positive Behavior Changes and Loses 20 Pounds

Orange County EFNEP and the Welcome Baby Program, a program that assists and educates limited resource audiences, specifically pregnant women and parents with toddlers, partnered to teach participants how to eat healthy and be active on a limited budget.

During the first week of the program, one of the participants shared with the EFNEP Program Assistant how unhappy she was with her current health and weight. She shared that it affected her daily life since she often felt sluggish and never had the energy to be physically active.

While enrolled in EFNEP, the participant learned to incorporate strategies such as shopping once a week, making weekly meal plans around sales, and comparing food prices and nutrition content at the grocery store. These changes allowed her to make one grocery trip a week, saving her time and money. With the saved time, she changed her schedule to include spending more quality time with her children while being active. Together, the family chose to take a walk daily and even when the weather was bad, they participated in physical activity by using *Walking Indoors*, an indoor activity video resource provided by EFNEP.

Since completing the program, the participant has lost roughly 20 pounds during an 8- month period. She has incorporated the strategies she learned from EFNEP, including preparing meals, which are low in calories, fat, and sodium, from the EFNEP cookbook. This participant shared that EFNEP "helped her improve her lifestyle and now she feels like a new and healthier person!"

1. http://orangecountync.gov/healthycarolinians/documents/FINAL_2011_Orange_County_CHA_Full_Report.pdf

2. <http://www.cdc.gov/healthyyouth/obesity/facts.htm>



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