

# EFNEP SUCCESS STORIES

## 2014 NC Cooperative Extension Scotland County



### Elementary Students and Their Teachers Make Healthier Choices

According to Healthy People 2020, approximately 1 in 6 children and adolescents (16.2%) are obese.<sup>1</sup> Obesity-related conditions include heart disease, stroke, and type 2 diabetes, which are among the leading causes of death. In addition to grave health consequences, overweight and obesity significantly increase medical costs and pose a staggering burden on the U.S. medical care delivery system.

The 4-H Expanded Food and Nutrition Education Program (EFNEP) Program Assistant provides nutrition education programs to youth to reduce childhood obesity rates. The Program Assistant in Scotland County partnered with the school system to conduct a series of lessons from Show Me Nutrition. The curriculum provides hands on and engaging lessons to encourage portion control, increases fruits and vegetables, and offers fun ways to engage in physical activity.

As part of each lesson, the EFNEP recipes provided several students an opportunity to taste and make snacks that they had never tried before. As a result of this collaboration, 100% of the 300 students and their teachers requested more youth-friendly recipes that were not only healthy and tasty but easy to prepare. The children also reported that they are now participating in more regular physical activities and making healthier food snack choices.

### Youth Learn to Make Healthy Snacks from Camp at Home

Each summer, the 4-H EFNEP program assistant hosts a health and fitness Boot Camp for youth to attend at the Wagram Recreation Center. During the Boot Camp, youth learn about the importance of making healthy choices by including foods from each of the food groups on MyPlate and learning ways to be active throughout the day. As part of each lesson, participants help prepare a healthy recipe. More than 150 youth from the community participated in the summer camp. Children, as part of their summer camp challenge, were asked to take the recipes they learned during the health and fitness class home and ask their parents if they could make the recipes together. Inspired by the 4-H EFNEP Program Assistant and rising to meet this challenge, 100% of the youth stated they are preparing healthier snacks at home with their families.

*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.*

<sup>1</sup> [http://www.cdc.gov/nchs/healthy\\_people/hp2020.htm](http://www.cdc.gov/nchs/healthy_people/hp2020.htm)

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