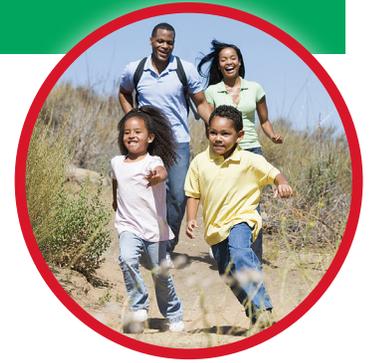


EFNEP SUCCESS STORIES

2015 NC Cooperative Extension Greene County



Eating Healthy

One of Healthy People 2020 goals is to promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.

The Expanded Food and Nutrition Education Program (EFNEP) Program Assistant in Greene County provides nutrition education to limited resource individuals. The nutrition classes provide information to families that encourage them to make healthier meal choices.

The Green County Program Assistant uses an interactive hands-on curriculum *Eating Smart and Moving More* to encourage families to make healthier choices. The Nutrition Program Assistant teaches lessons that cover topics such as: MyPlate, Fix it Fast—Eat at Home, and Shop for Value-Check the Facts.

A single mother with one child shared that she was glad she enrolled in the EFNEP program. The participant shared that she was eating all hours of the night and she did not have a good schedule to eat her meals, or a great understanding of nutrition to make informed decisions. She stated that because of EFNEP she has a better understanding of nutrition and the health benefits of reducing fat, sodium and sugar from her family's diet.

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.

Expanding EFNEP Outreach

According to the State of Obesity Special Report Latinos are the fastest growing population in the United States—it is estimated that nearly one in three children will be Latino by 2030. Forty-two percent of Latino adults are obese and 22.4 percent of Latino children ages 2 to 19 are obese. Inequities in access to healthcare, the quality of care received and opportunities to make healthy choices where people live, learn, work and play all contribute to the rates of obesity being higher for Latino adults and children compared to Whites.

The Program Assistant working in the Expanded Food and Nutrition Education Program (EFNEP) partners with different community organizations to reach diverse audiences in Greene County. The Program Assistant is always searching for volunteers to help expand the reach of EFNEP in the community. One of the EFNEP graduates wanted to volunteer as an interpreter for the non-English speaking students who wanted to enroll in Green County EFNEP classes. The participant stated she wanted to volunteer her time to EFNEP because the class encouraged her to make changes in the way she prepared drinks and other meals for her children.

The volunteer is currently assisting the Program Assistant and has decided to further her education by obtaining her GED. Because of the impact EFNEP had on this volunteer the Green County Nutrition Program Assistant is now able to reach more Latino participants.

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