

EFNEP SUCCESS STORIES

2015 NC Cooperative Extension Sampson County



Reducing Sugary Beverages Result in Weight Loss for Class Participants

Rising consumption of sugary drinks has been a major contributor to overweight and obesity. A typical 20-ounce soda contains 15 to 18 teaspoons of sugar and upwards of 240 calories.¹ These additional calories consumed add up and can contribute to an increased risk of obesity, diabetes, and heart disease.

To combat this, the Expanded Food and Nutrition Education Program (EFNEP) in Sampson County has partnered with a local career readiness class at Sampson Community College. At the beginning of the lessons, the EFNEP Program Assistant saw that many participants were consuming three or more soft drinks per day and were consuming a high amount of calories.

During one lesson about making smart drink choices, participants were surprised to learn about the excess amount of sugar and calories in their favorite soft drinks. Following this lesson, all six participants cut their consumption of soft drinks to one per day, instead of three. In addition, they incorporated other strategies to reduce their calories and increase their physical activity.

As a result, they lost a combined total of 12 pounds during the 9-week series of lessons.

¹ <http://www.hsph.harvard.edu/nutritionsource/sugary-drinks-fact-sheet/>

Participants Adopt Daily Physical Activity as a Result of EFNEP

Regular physical activity is important to maintaining weight and living a healthy life. In Sampson County, 29 percent of the population is physically inactive. Inactivity can lead to chronic diseases such as type 2 diabetes and heart disease, among others. To combat this, the Expanded Food and Nutrition Education Program (EFNEP) in Sampson County partnered with Common Ground Club House to deliver a series of lessons to a group of fourteen men and women.

During one lesson that emphasizes the importance of daily physical activity, the participants were immediately excited to begin incorporating it into their daily lives. A few participants said that they never realized the importance of being active and its benefits to health until the EFNEP lessons.

By incorporating the strategies in the lessons and adding daily movement to their routine, this group lost a combined amount of 27 pounds. Additionally they stated that they were sharing the information they learned and encouraging their families to make healthy changes as well. EFNEP in Sampson County continues to help improve the health and well-being of its families and community.

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.

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.

