



Helping North Carolina Youth Eat Smart and Move More: 2007 Program Successes for Chowan County

4-H EFNEP Success

Obesity rates continue to rise. In NC, the state has the 17th highest obesity rate at 25.6 percent based on federal data. The 4-H Expanded Food and Nutrition Education Program (EFNEP) with NC Cooperative Extension in Chowan County works with youth to teach basic nutrition and physical activity but they also have volunteers who benefit from the information shared. One such volunteer who worked with a summer EFNEP program for a number of years became interested in the information that was presented to the youth. The Nutrition Program Assistant (NPA) secured additional information from the Family and Consumer Science Agent to share with the volunteer who wanted to loose weight and reduce her sugar, sodium and fat intake. The NPA also stressed the importance of incorporating physical activity that could easily be done with her children, benefiting them all. Two years later the volunteer saw the NPA and shared her appreciation for the information that she provided through Extension and her classes with the children. She reported that she has lost over 30 pounds due to watching what she eats, walking and the recipes she received. She credits EFNEP and NC Cooperative Extension in Chowan for her success. She feels great and her doctor is thrilled with her success and lowering of her blood sugar.

