IMPACT

University of Idaho Cooperative Extension System

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Weight Improves While Taking Extension Nutrition Lessons

The Situation

Francis Stoddard had a weight problem and was not feeling good physically or emotionally because of the extra pounds. Her eleven-year-old son Adam was also beginning to gain weight, prompting his doctor's concern about Adam's exercise and eating habits.

Our Response

Francis enrolled in the Expanded Food and Nutrition Education Program (EFNEP) during the summer. She was very excited about learning how to change her menus to make them lower in fat. Before she goes grocery shopping now she plans her menus so she knows what she wants to buy and then spends time at the store reading labels to get the lower fat choices. She is also being very careful to follow the Food Guide Pyramid for herself and her family, and is serving more fresh fruits and vegetables.

Program Outcomes

Francis has reduced from 268 pounds to 228 pounds since starting EFNEP. Adam has lost seven pounds, which has slimmed him down to the normal range for his height, and has made his doctor very happy. With every lesson that Francis has with EFNEP she has been able to learn new ideas to help improve her family's health. She and Adam are now walking together every single day.

University of Idaho College of Agriculture

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The Future

Francis realizes that controlling her weight will be a lifetime commitment. She is very pleased with EFNEP and the help she has received to make the life-style changes that have helped her and her son lose weight. With continued funding the Expanded Food and Nutrition Education Program will continue to teach people like Frances to improve their health status.

For More Information

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University of Idaho Cooperative Extension System

Cooperative Extension System, District IV EFNEP, Pocatello, ID

Fort Hall High School Class Improves Food Habits

The Situation

The Expanded Food and Nutrition Education Program (EFNEP) 4-H works to reach youth from limited resource families. EFNEP 4-H tries to provide activities and hands-on experiences that will help them improve their diets. Native American youth have an additional challenge in that obesity, diabetes, and heart disease are more common among their people. Since many of the youth purchase and prepare many of their own meals and snacks, EFNEP works with this young population whenever possible.

Our Response

EFNEP 4-H was asked to teach a class for one week at the Fort Hall High School. The goal was to teach the youth to make healthier snack choices.

A 24-hour food recall was given to each of the youth at the beginning of the week. The EFNEP Nutrition Advisor found that their diet totally consisted of junk food and soda pop! The Nutrition Advisor revised her lesson plan a little to put emphasis on their over-consumption of sugar. She showed them the amount of sugar in a 44 oz. soda mug, and that is has 574 calories, and the sugar and calories for various candy bars. She also showed them food examples like prepared nachos, which has 514 calories, and French fries and the amount of fat contained in them, using a tablespoon of butter to show each 11 grams of fat in the food. It made quite an impression on the young people.

The Nutrition Advisor challenged them to eat better and drink less soda pop for the week that she would be teaching. When the recall was taken on the last day, all of the youth had cut down on soda pop, some to only one 12 oz. can per day. She felt that even if they only did this for one week, it was a big success with teenagers. The added plus was that they had the opportunity to see what they were putting into their bodies on a daily basis.

Achievements

After speaking to several of the young people, they stated that they would remember the things they had seen and it would help them make better food and snack choices in the future.

The Future

EFNEP 4-H will continue to reach and work with limited resource minority youth in our community. This will help them have the education and experiences available through our programs to improve their diets.

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University of Idaho, U.S. Department of Agriculture, and Idaho counties cooperating.

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