

IMPACT



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Weight Improves While Taking Extension Nutrition Lessons

The Situation

Francis had a weight problem and was not feeling good physically or emotionally because of the extra pounds. Her 11-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.

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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