

IMPACT



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Combined Families Benefit from EFNEP

The Situation

Because of financial hardship and health issues, two families moved in together in one apartment to help each other. Between them they have three boys, one who is autistic. One of the mothers is diabetic and was having problems controlling her blood sugar level.

Our Response

One of the mothers was involved with WIC and had an EFNEP lesson, learning about the University of Idaho nutrition programs at WIC. She signed on to take lessons and then her diabetic roommate decided she wanted to take the lessons as well. We began teaching them as a group and helping them plan menus that were appropriate for a diabetic and the likes and dislikes of the two distinctive families. One of the mothers had many questions that the EFNEP Nutrition Advisor could not answer concerning her health. The nutrition advisor felt that she needed to see a doctor because she had pain in her joints and tendons.

Program Outcomes

She went to the doctor and was diagnosed with a rare genetic disease that could affect her children as well. The only treatment for the disease at this time is a good diet and physical therapy. The families are even more careful about planning healthy meals and the result has been that they are all feeling better. The diabetic mother is controlling her blood sugar better and one of the dads said he has never felt so good. The autistic child began showing interest in the

nutrition lessons that pleasantly surprised his parents. The doctor caring for them is pleased with their progress and can really see a difference in their lifestyle changes.

The Future

As nutrition advisors meet with families in their homes to teach the EFNEP lessons, they find each family has different needs. This requires that we emphasize different lessons depending on the needs of the families we teach. We have many success stories as we work with Idaho families. We hope that EFNEP will continue to be funded so we can positively affect the lives of those we reach.

For More Information

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