



Helping North Carolina Families Eat Smart and Move More: 2006 Program Successes for Beaufort County

Results of the 113 families participating in EFNEP:

- 98%** showed improvement in their diet.
- 92%** of EFNEP participants showed improvement in their nutrition practices.
- 88%** of EFNEP participants showed improvement in their resource management practices.
- 73%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

Obesity and the lack of physical activity are key factors in a number of growing health concerns for our county, our state, and our nation. Many families state they can't afford exercise equipment or don't know how they can include exercise in their day. The Expanded Food and Nutrition Education Program (EFNEP) in partnership with a local school parent group taught a series of nutrition and physical activity lessons to address this problem. Simple ways to move more throughout the day were shared along with ways to increase the intake of more healthy food choices such as low-fat milk and other foods high in calcium. At the end of the program, the participants expressed their appreciation for learning new techniques which they could use each day to make healthy food choices and increase their physical activity. Each participant stated they had made at least one positive change to eat smart and move more.

