



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

### Results of the 73 families participating in EFNEP:

- 94%** of EFNEP participants showed improvement in their nutrition practices.
- 91%** of EFNEP participants showed improvement in their resource management practices.
- 84%** showed improvement in their diet.
- 79%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

Research indicates that reducing the intake of fat and sodium can significantly reduce the risk of many chronic diseases such as heart disease and hypertension. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) teaches participants how to reduce fat and sodium through food selection, food preparation, and label reading. One participant of the program stated she is utilizing the information learned in EFNEP classes. She has stopped frying all foods and is using less salt. She has even started reading the nutrition labels for fats, sugar, and salt amounts in food. This participant stated she is very proud of the improvements she is making regarding her family's health since being enrolled in EFNEP.





## Helping North Carolina Youth Eat Smart and Move More: 2006 Program Successes for Cabarrus County

### Results of the **700** youth participating in EFNEP:

**77%** increased their knowledge of the essentials of human nutrition.

**69%** increased their ability to select low-cost, nutritious foods.

**65%** now eat a variety of foods.

**54%** improved practices in food preparation and safety.

### 4-H EFNEP Success

According to the Center for Disease Control, proper hand washing is one of the most effective ways to stop the spread of harmful bacteria that can make people sick. NC Cooperative Extension's 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) worked with a summer youth group at a local community center to deliver a series of nutrition classes where hand washing techniques were discussed. Youth participated in a lesson using a black light and glow in the dark "germs" to learn how harmful bacteria spread when hands are not properly washed. The children were amazed at the amount of pretend germs on their hands, which was demonstrated with the use of the black light. The next day a child's parent stated her child had shared this new information on hand washing with the whole family and was encouraging everyone to wash their hands frequently.

