



## 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.



