



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

### Results of the 2 families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 100%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

Diabetes is a serious chronic disease that is rapidly increasing as a result of the obesity epidemic our nation faces. More adults and more children are diagnosed with diabetes than ever before and the numbers of adults and children affected are particularly high in Hispanic populations. The Expanded Food and Nutrition Education Program (EFNEP) conducted a series of nutrition classes with Hispanic families to teach them how to make smart food choices that reduce the risk of chronic disease and obesity. Choosing more fruits and vegetables, including more whole grains, controlling portion sizes, increasing exercise, and reducing sugary drinks were concepts taught during the program. As a result, one mother who was diabetic shared, she now understood how to better control her diabetes and she felt she now how the skills to provide foods in her new culture that would be healthy for her family.

