



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

### Results of the **460** families participating in EFNEP:

- 98%** showed improvement in their diet.
- 97%** of EFNEP participants showed improvement in their nutrition practices.
- 97%** of EFNEP participants showed improvement in their resource management practices.
- 92%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

A recent report shows that North Carolina has obesity rates of 24.7% ranking it the 17<sup>th</sup> heaviest state in the nation according to the Trust for America's Health. One contributing factor to the rise in obesity in children is the over consumption of sugary beverages. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) teaches limited resource families basic nutrition and physical activity through a series of classes. During one lesson, participants learn the amount of sugar found in soft drinks and other sugary beverages and how consuming these beverages often means weight gain and a lack of adequate consumption of calcium. Following the lesson, one participant shared she planned to replace the soft drinks she had been serving her children with either water or low fat milk.

