



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

### Results of the **326** families participating in EFNEP:

- 91%** showed improvement in their diet.
- 91%** of EFNEP participants showed improvement in their nutrition practices.
- 85%** of EFNEP participants showed improvement in their resource management practices.
- 70%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

A lack of sufficient calcium intake is a contributing factor to the onset of osteoporosis, a painful disease affecting the bones. The NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) teaches basic nutrition and physical activity to limited resource families. During a recent session focusing on calcium, one participant realized she had not consumed milk in the past 16 years. She shared that she had replaced milk in her diet with other beverages. Following the session, she stated she now realized the importance of including low fat milk in her diet. She stated she would serve milk with her meals from now on.





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

### Results of the 453 youth participating in EFNEP:

- 100%** improved practices in food preparation and safety.
- 99%** increased their knowledge of the essentials of human nutrition.
- 97%** now eat a variety of foods.
- 96%** increased their ability to select low-cost, nutritious foods.

### 4-H EFNEP Success

Youth need to acquire the knowledge and skills necessary for nutritionally sound diets that contribute to their personal development. 4-H EFNEP Program Assistants use age appropriate curriculum focusing on MyPyramid to teach basic nutrition concepts. 453 youth age 5-19 participated in 4-H EFNEP classes. Eight different groups were taught basic nutrition information using the Professor Popcorn curriculum. 45 meetings were held with 48 hours of direct contact with youth. 32 youth are enrolled in on-going county 4-H activities. Six volunteers were recruited and trained with 72 hours of volunteer time at a value of \$1,298.88.





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