



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

### Results of the 63 families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 97%** of EFNEP participants showed improvement in their nutrition practices.
- 93%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

Research in nutrition led to the development of MyPyramid and the recommendation for eating a variety of foods to maintain good health. In Henderson County, the Expanded Food and Nutrition Education Program (EFNEP) taught a group of 46 Hispanic participants 'MyPyramid' concepts. Through EFNEP they learned that including a variety of foods when planning and preparing meals would ensure a full range of nutrients on a daily basis for their families. The importance of including an assortment of fruits and vegetables (either fresh, canned or frozen) into each meal plan was emphasized.

Upon graduation, pre and post behavior surveys documented that 95% of the participants were selecting and preparing a greater variety of healthy foods for their families. Pre and post dietary recalls documented that 50% more of the homemakers were consuming two+ fruits, and 17.4 % more of the homemakers were consuming 3+ vegetables in their daily meals than they had before participating in EFNEP.



According to the research, high fat diets are associated with an increased risk of many chronic diseases including heart disease. The Expanded Food and Nutrition Education Program (EFNEP) teaches participants creative ways to decrease fat in their diets. During a recent series of classes for Hispanic participants who were consuming high levels of fat in their diets, the EFNEP Nutrition Program Assistant explained how to include more fruits and vegetables, reduce the fat in dairy foods, and use healthier food preparation techniques such as baking instead of frying when preparing meals.

Pre and post dietary recalls documented that prior to participating in EFNEP, 45.7% of the graduates had consumed greater than the recommended 35% of their calories from fat. After participating in EFNEP, that number dropped to only 28.2%. This is a 17.5% improvement in the number of graduates who successfully lowered their daily intake of fat calories due to the information learned through EFNEP.

The Expanded Food and Nutrition Education Program (EFNEP) in Henderson County recently worked with a young Hispanic mother who had two small children. While participating in EFNEP, this young mother learned about good nutrition and how planning meals could help her manage her resources more wisely. She also learned how to prepare baked goods like bran muffins, biscuits and cakes by using EFNEP's 'Master Baking Mix'.

Before long, this young mother decided to use the skills EFNEP taught her to increase the family income. She sold goods she had baked to friends for special occasions. She became so successful that the income derived from the sale of her baked goods allowed the family to afford better housing.

Today this mother is an advocate for EFNEP! She believes so strongly in the benefits of EFNEP that she has recruited many friends and family to the program.

