



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

Results of the 53 families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 98%** showed improvement in their diet.
- 98%** of EFNEP participants showed improvement in their resource management practices.
- 84%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

The consumption of sugary beverages is a contributing factor to the growing obesity problem in our country. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) teaches participants the importance of limiting sugary beverages through a series of nutrition educational classes. One participant shared that she had been drinking only soft drinks during the day. During the program, she learned the importance of water and its role in maintaining good health. As a result of the program, the participant, upon graduation, shared she no longer consumed soft drinks. She had replaced the soft drinks she had been drinking with water and was drinking eight 8-ounce glasses each day. From this simple change, she has reduced her risk of overweight and obesity.





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

Results of the 63 youth participating in EFNEP:

- 100%** now eat a variety of foods.
- 100%** increased their knowledge of the essentials of human nutrition.
- 100%** increased their ability to select low-cost, nutritious foods.

4-H EFNEP Success

Multiple studies have shown that eating breakfast is important to a young person's overall health and performance at school. The NC Cooperative Extension's 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) through a partnership with Lenoir County Schools, offers a series of nutrition education classes to high school youth. A young man participating in the program stated he did not eat breakfast. During the program a lesson on the importance of breakfast was shared. Participants learned the importance of breakfast to overall well-being, easy ideas for making a healthy breakfast, time saving tips such as preparing it the night before, as well as some grab and go ideas that could fit into a busy morning routine. Following the program, the young man shared that he had made some lifestyle changes - he was now eating breakfast everyday. He said the program helped him understand the importance of breakfast and gave him the skills necessary to help make it a part of his daily routine. As a result, the young man stated he feels better during the school day.

