



## 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.





***EFNEP***

***EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM***