



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

Results of the **463** families participating in EFNEP:

- 89%** showed improvement in their diet.
- 88%** of EFNEP participants showed improvement in their nutrition practices.
- 87%** of EFNEP participants showed improvement in their resource management practices.
- 68%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

In February 2005, the USDA reported that Americans are consuming more soft drinks and less milk than they were 25 years ago. Recent research shows soft drinks, fruit beverages, and bottled water are being substituted for milk in the diet. There raises concern over whether people are meeting the American Academy of Sciences' recommendations for calcium.

To help ensure that families in Macon County are meeting the AAS recommendations, the Expanded Food and Nutrition Education Program (EFNEP), in partnership with WIC is teaching WIC mothers the importance of selecting and preparing foods high in calcium. Preparing dishes using powdered milk was shared with participants as an inexpensive means of incorporating calcium into their family's diets. As a result of these efforts, pre and post evaluations document that 40% of the program graduates to date are getting 99% or more of the RDA for calcium.



