



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.





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

Results of the 480 youth participating in EFNEP:

- 96%** improved practices in food preparation and safety.
- 80%** increased their knowledge of the essentials of human nutrition.
- 71%** now eat a variety of foods.
- 67%** increased their ability to select low-cost, nutritious foods.

4-H EFNEP Success

The CDC reports that children are not physically active on a regular basis. The National Alliance for Nutrition and Activity states fewer than 15% of school age children are eating the recommended number of fruit and vegetables daily. To address these issues, the 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) presented a special series of nutrition and physical activity classes to second graders that included a “Movin’ and Groovin’ with Fruits and Vegetables” component. At the end of the six-lesson program, pre and post evaluations indicated that 70% of the children were more physically active and 65% reporting eating more fruits and vegetables each day. These improved behaviors will help the second graders grow into healthy adolescents and adults.

The Dietary Guidelines and MyPyramid recommend that for good health children should eat a variety of fruits and vegetables each day. Statistics indicate that less than 20% of students meet the recommendations for eating vegetables and less than 15% for eating fruit. To address this nutritional deficiency for Macon county first graders, a series of nutrition classes focused on the importance of eating fruits and vegetables from every color of the rainbow was held. Evaluation results indicated that after receiving a series of four ‘My Pyramid for Kids’ lessons, 70% had included more fruits and vegetables in their daily diets, thus supplying their bodies with vitamins, minerals, and phyto-chemicals needed to maintain good health.

