



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

Results of the **159** families participating in EFNEP:

- 97%** showed improvement in their diet.
- 94%** of EFNEP participants showed improvement in their nutrition practices.
- 90%** of EFNEP participants showed improvement in their resource management practices.
- 82%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

Too much fat in the diet is associated with an increased risk for many chronic diseases including heart disease, high blood pressure, cancer, diabetes, and obesity. The Martin County Expanded Food and Nutrition Education Program (EFNEP) operated through Cooperative Extension partnered with a local church to deliver the nutrition education program to a group of families with young children. As a result of learning how much fat was contained in certain foods, the families participating in the program stated they had begun to make lower fat choices when choosing foods to feed their families and they had begun preparing foods using low-fat food preparation methods. Eliminating fat from their diets has helped these families live healthier and reduce their risk of chronic disease.

