



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

Results of the **103** families participating in EFNEP:

- 95%** showed improvement in their diet.
- 89%** of EFNEP participants showed improvement in their nutrition practices.
- 68%** of EFNEP participants showed improvement in their resource management practices.
- 63%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

Many limited resource families lack knowledge about food selection and food preparation. Research has shown that diet and food preparation is a factor in preventing obesity and chronic diseases. Obesity and chronic disease rates are high for Northampton County residents. The Expanded Food and Nutrition Education Program (EFNEP) provided by NC Cooperative Extension in cooperation with the Department of Social Services is providing nutrition education classes with hands-on food preparation for participants. One EFNEP participant reported that she is now baking foods instead of frying, is able to follow a recipe, now reads food labels for better selections of more healthy foods, and is eating less fast food. NC Cooperative Extension EFNEP classes are helping people to gain skills and knowledge that will lead to healthier lifestyles and reduce their risk of chronic disease.

