



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

### Results of the 166 families participating in EFNEP:

- 98%** of EFNEP participants showed improvement in their nutrition practices.
- 95%** of EFNEP participants showed improvement in their resource management practices.
- 85%** of EFNEP participants showed improvement in their food safety practices.
- 42%** showed improvement in their diet.

### Adult Program Success

Overweight and obesity have resulted in many chronic diseases including a rise in diabetes. A graduate of the Expanded Food and Nutrition Education Program (EFNEP) referred an overweight diabetic friend to the program in Orange County. A series of classes were presented including using MyPyramid as a guide for healthy eating and physical activity. Low fat food choices and low fat, low sodium food preparation methods and simple physical activities to do everyday were taught during the classes. As a result of what she learned the participant made changes in her food choices and preparation and began walking each day. By the end of one month she had lost enough weight from the changes to move down one dress size. The participant stated the changes she made not only helped her lose weight, but they also helped her control her diabetes.





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

### Results of the 951 youth participating in EFNEP:

- 49%** improved practices in food preparation and safety.
- 37%** increased their knowledge of the essentials of human nutrition.
- 34%** now eat a variety of foods.
- 30%** increased their ability to select low-cost, nutritious foods.

### 4-H EFNEP Success

Food allergies are a big problem for many youth. Sometimes they are not allowed to participate with group activities because of their food allergies. The 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) in partnership with the local school system has made a real difference in one classroom. Students who had food allergies were given marshmallows by the teacher instead of foods prepared in the demonstration. To increase the consumption of fruits and vegetables, food preparation activities were designed to use fruit and vegetable choices that eliminated any foods to which students were allergic. As a result, the youth learned that marshmallows are a “sometimes” food, not an “everyday” food and the teacher learned healthy alternatives that can be provided to students with allergies.

