



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

### Results of the **361** families participating in EFNEP:

- 79%** of EFNEP participants showed improvement in their nutrition practices.
- 77%** of EFNEP participants showed improvement in their resource management practices.
- 64%** of EFNEP participants showed improvement in their food safety practices.
- 33%** showed improvement in their diet.

### Adult Program Success

Diabetes is a serious chronic disease that is rapidly increasing as a result of the obesity epidemic our nation faces. More adults and more children are diagnosed with diabetes than ever before and the numbers of adults and children affected are particularly high in Hispanic populations. The Expanded Food and Nutrition Education Program (EFNEP) conducted a series of nutrition classes with Hispanic families to teach them how to make smart food choices that reduce the risk of chronic disease and obesity. Choosing more fruits and vegetables, including more whole grains, controlling portion sizes, increasing exercise, and reducing sugary drinks were concepts taught during the program. As a result, one mother who was diabetic shared, she now understood how to better control her diabetes and she felt she now how the skills to provide foods in her new culture that would be healthy for her family.





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

### Results of the 808 youth participating in EFNEP:

- 88%** increased their ability to select low-cost, nutritious foods.
- 84%** increased their knowledge of the essentials of human nutrition.
- 81%** now eat a variety of foods.
- 79%** improved practices in food preparation and safety.

### 4-H EFNEP Success

Youth need to acquire the knowledge and skills necessary for nutritionally sound diets that contribute to their personal development. 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) Program Assistants use age appropriate curriculum that focuses on MyPyramid to teach basic nutrition concepts. 808 youth age 5-19 participated in the program. 52 different groups received basic information using the Professor Popcorn curriculum. 249 meetings were held with 302 hours of direct youth contact. Group enrollment included special interest/day camps, school enrichment, and school-age care. 194 youth are enrolled in on-going county 4-H activities. 111 volunteers were recruited and trained providing 813 hours of volunteer time at a value of \$14,666.52.

