



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

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

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 92%** showed improvement in their diet.
- 89%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

The latest research indicates a correlation between the amount of fruits and vegetables offered in meals and the rate of overweight and obesity. The rise in obesity is greatest in children. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) offered a series of classes on nutrition including a lesson on fruits and vegetables and a lesson on shopping for fruits and vegetables. A participant of the class shared she had only offered her children cookies, chips, and candy for snacks, but now plans to offer fruits and vegetables instead. She stated she learned the importance of fruits and vegetables in the diet and also found that by planning her meals and shopping wisely, she could include these nutritious foods in the diet of her family everyday.

