



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

Results of the **107** families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 97%** of EFNEP participants showed improvement in their resource management practices.
- 86%** of EFNEP participants showed improvement in their food safety practices.
- 51%** showed improvement in their diet.

Adult Program Success

Each year 1 out of 4 people become ill from improperly prepared food. Based on this need, Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) in collaboration with the Laurinburg Housing Authority offered food safety training to 105 limited resource participants. A comparison of pre and post survey results revealed that 75% of the graduates of the program showed improved food safety practices by utilizing proper food thawing and storing techniques.





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

Results of the 1268 youth participating in EFNEP:

- 65%** increased their ability to select low-cost, nutritious foods.
- 62%** increased their knowledge of the essentials of human nutrition.
- 52%** improved practices in food preparation and safety.
- 51%** now eat a variety of foods.

4-H EFNEP Success

Approximately 30% of youth between the ages of 6-19 are overweight, with 15% considered obese. These youth are at risk for heart attacks, strokes and diabetes. Scotland County Cooperative Extension's 4-H Expanded Food and Nutrition Education Program(4-H EFNEP) collaborated with the Scotland Scholars After-School Program, Parks & Recreation, local churches and daycares to offer a nutrition and fitness activity program. Over 800 youth received 6 lessons or more in making healthier food choices and increasing physical activity. Lessons were taught on the five food groups, appropriate portion sizes, correct hand washing techniques, and the importance of physical activity every day. Post program survey results showed 95% of youth improved their diets through healthier food choices and increased physical activity.

