



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

### Results of the **173** families participating in EFNEP:

- 97%** of EFNEP participants showed improvement in their nutrition practices.
- 96%** of EFNEP participants showed improvement in their resource management practices.
- 90%** of EFNEP participants showed improvement in their food safety practices.
- 90%** showed improvement in their diet.

### Adult Program Success

Research-based evidence suggests that over-consumption of sugary beverages often results in under-consumption of many key nutrients including calcium. This nutrient is important in every phase of the life cycle, but most particularly during pregnancy. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) in partnership with DSS Work First conducted a series of nutrition classes for 6 pregnant women. At the beginning of the program, the participants shared they rarely consumed milk and often consumed a lot of soft drinks. During the classes, participants learned the importance of including foods rich in calcium in their diet and how drinking too many soft drinks limited their intake of good nutrients. They learned new, easy to prepare recipes using calcium-rich foods. As a result of the program, all of the participants stated they are now including calcium foods in their meals every day and they have stopped drinking large portions of soft drink.





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

### Results of the **2804** youth participating in EFNEP:

- 100%** improved practices in food preparation and safety.
- 88%** increased their knowledge of the essentials of human nutrition.
- 54%** now eat a variety of foods.
- 48%** increased their ability to select low-cost, nutritious foods.

### 4-H EFNEP Success

Evidence suggests that a contributing factor in childhood overweight and obesity is the increased consumption of sugary beverages. To address this issue, NC Cooperative Extension's 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) in partnership with Wayne County Public Schools offered a series of nutrition classes to students in several of the elementary schools. Following the program, a youth and her mother shared the changes they had made with the Nutrition Program Assistant. The mother stated that her child had consumed large quantities of soft drink every day prior to the program and now limits herself to only two soft drinks per week. The mother and the youth stated because of 4-H EFNEP the youth was able to make this change to reduce their risk of overweight and obesity.

