



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

Results of the 44 families participating in EFNEP:

- 97%** showed improvement in their diet.
- 94%** of EFNEP participants showed improvement in their nutrition practices.
- 91%** of EFNEP participants showed improvement in their resource management practices.
- 84%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

DHHS has reported that one in ten Hispanic adults living in North Carolina have been diagnosed with diabetes. Knowing that the risk of developing diabetes can be reduced through improved nutrition and physical activity behaviors, the Expanded Food and Nutrition Education Program (EFNEP) in Yancey County partnered with Centro de Enlace and other health agencies to create the Mujeres En Accion (Women in Action) Program. Participants learned to read food labels, the benefit of eating low-fat foods like fruits and vegetables, and hints for becoming more physically active. By the end of the 12-week program, pre/post surveys and dietary recalls indicated that 9 of the 11 participants had begun reading food labels and lowered their fat intake. Pre/post medical tests indicated that, overall, participants had lost weight. These outcomes have not only resulted in a renewal of program funding, but the increased opportunity to reduce the risk of diabetes in Yancey County's Hispanic population.





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

Results of the 779 youth participating in EFNEP:

- 90%** increased their knowledge of the essentials of human nutrition.
- 77%** now eat a variety of foods.
- 76%** increased their ability to select low-cost, nutritious foods.
- 36%** improved practices in food preparation and safety.

4-H EFNEP Success

Learning to eat a rainbow of fruits and vegetables was the nutritional message delivered to Micaville Elementary third graders by the Yancey County 4-H Expanded Food and Nutrition Education Program (4-H EFNEP). Knowing that fewer than 15% of elementary school children eat the recommended five or more servings of fruit and vegetables daily, the children were taught how much fun they could have choosing a colorful variety of fruit and vegetables for better health. Samples of unusual fruits such as papaya, jicama, and red bananas were provided for tasting.



As a result of the program, pre and post evaluations indicated that the children had increased their fruit and vegetable consumption by 78%. Additionally, a well-respected county figure shared that she had recently dined with a Micaville third grader who thoughtfully searched the restaurant menu for a dish containing a variety of fruits and vegetables before ordering.