



Helping North Carolina Families Eat Smart and Move More: 2007 Program Successes for Avery County

Results of the **23** families participating in EFNEP:

- 95%** showed improvement in their diet.
- 95%** of EFNEP participants showed improvement in their nutrition practices.
- 84%** of EFNEP participants showed improvement in their food safety practices.
- 83%** of EFNEP participants showed improvement in their resource management practices.
- 67%** increased their amount of physical activity.

Adult Program Success

The American Dietetic Association stated that obesity rates among U.S. residents increased sixty percent in the last twenty years. Since 1980, the obesity rate has doubled among children and tripled among adolescents.

An EFNEP program assistant in Avery County taught homemakers how to follow MyPyramid guidelines. The homemakers learned that incorporating a variety of foods into their diet reduces the risk of becoming obese.

When asked before the series, how often they made meals that included a variety of healthy foods, 36% of eleven homemakers reported that they 'sometimes' included a variety in their meals. After EFNEP, 100% of the eleven homemakers stated they 'always' included a variety of healthy foods in their meals. One also wrote, "I no longer buy soft drinks for my children because they have too much sugar in them. We are eating more salads, fruits and vegetables at home."

