



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

Results of the **51** families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 98%** showed improvement in their diet.
- 98%** of EFNEP participants showed improvement in their resource management practices.
- 89%** of EFNEP participants showed improvement in their food safety practices.
- 31%** increased their amount of physical activity.

Adult Program Success

Economic conditions including rising prices and unemployment continue to play a major role in the lives of Bladen County citizens. In addition, the obesity rates among both adults and youth are above the state average.

A series of EFNEP classes was conducted at a community church. Clients learned how to eat smart at home, shop to get the best for less, choose more fruits and vegetables, get more physical activity and watch less television.

Many clients have increased exercise and physical activity for themselves and their children. Others have stated that they are eating more fruits and vegetables and introducing these to their families. They see the importance of shopping for specials, using coupons and a grocery list. They have also learned ways to save money by utilizing grocery items already on hand. Overall, the group members feel that they are better able to make healthier food choices that will enrich the quality of their lives.

