



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

Results of the **129** families participating in EFNEP:

- 99%** showed improvement in their diet.
- 98%** of EFNEP participants showed improvement in their nutrition practices.
- 90%** of EFNEP participants showed improvement in their resource management practices.
- 88%** of EFNEP participants showed improvement in their food safety practices.
- 42%** increased their amount of physical activity.

Adult Program Success

Former Expanded Food and Nutrition Education Program (EFNEP) participants often give Program Assistants the credit for overall improvement in their health. Recently, this was the case with an EFNEP Program Assistant in Brunswick County named Myra Burgess. Myra ran into one of her former program participants. The participant reported losing over 15 pounds by using the information she learned through EFNEP. She is eating smarter by making better choices with her meals and snacks, drinking more water and moving more by incorporating physical activity into her daily routine.

Although, her church is sponsoring a “Biggest Loser” contest, based on the TV Show, she attributes her personal success to the EFNEP Program. The program participant stated she felt better about her appearance and had an increased energy level.

