



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

### Results of the 91 families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 97%** showed improvement in their diet.
- 95%** of EFNEP participants showed improvement in their resource management practices.
- 79%** of EFNEP participants showed improvement in their food safety practices.
- 34%** increased their amount of physical activity.

### Adult Program Success

According to the Prevention Institute, physical activity patterns are often established in the first few years of life. So, during a series of EFNEP lessons held in Buncombe County, the Nutrition Program Assistant was surprised to learn that most of the parents taking the class did not plan for or participate in physical activities with their children.

To encourage their role in developing their children's physical activity habits, the PA shared physical activity information with the participants and offered 'moving-more' ideas during each class.

At the series review, a show of hands documented that 10 of the 15 participants had tried a new 'moving-more' activity with their families since starting EFNEP. One mother reported that she had taken her son swimming at a local public pool. It was the first time she had done something physically active with him. She stated that the activity felt good, she and her son had fun together, and she planned to do it again!



In taking steps like these EFNEP parents will help their children to establish physical activity behaviors which will, in turn, lead them to maintain healthy lifestyles throughout adulthood.

