



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

Results of the **105** families participating in EFNEP:

- 97%** showed improvement in their diet.
- 95%** of EFNEP participants showed improvement in their nutrition practices.
- 93%** of EFNEP participants showed improvement in their resource management practices.
- 91%** of EFNEP participants showed improvement in their food safety practices.
- 67%** increased their amount of physical activity.

Adult Program Success

Limited-resource families need to acquire knowledge, skills, and changed behavior for nutritionally sound diets. North Carolina Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) offers classes that address the areas of food resource management, nutrition, and food safety. The nutrition program assistant in Cabarrus county partnered with a local agency to teach EFNEP classes. Several participants had high blood pressure and were concerned about the amount of sodium in their food. After the program assistant taught the "Shop for Value" lesson and reviewed the nutrition profiles, the participants were quite surprised at the amount of sodium in fast food and vending machine items. These participants have started reading the nutrition facts labels in order to avoid high sodium foods, as a measure to decrease their blood pressure.

