



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

Results of the 60 families participating in EFNEP:

- 96%** showed improvement in their diet.
- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 90%** of EFNEP participants showed improvement in their resource management practices.
- 86%** of EFNEP participants showed improvement in their food safety practices.
- 71%** increased their amount of physical activity.

Adult Program Success

Many Spanish-speaking homemakers have found it easier to order by numbers when they eat out because of the language barrier. This often results in the individuals accepting the high fat, high calorie combinations offered at fast foods restaurants.

As part of the Expanded Food and Nutrition Education Program (EFNEP), Luz (Maggie) Willis, a program assistant in Carteret County teaches families how to make smart choices when eating fast foods. She recently graduated a participant whose family had been ordering fast food combinations on a regular basis. After learning that fast foods are higher in calories, fat and sugar, they have begun ordering “a la carte” from the selections offered. Not only, are they applying what they learned concerning making Healthy Food Choices when eating out, they are also practicing English.

The participant credits Mrs. Willis’s EFNEP lessons with this improved ability to make healthy choices and become more familiar with the English language.

