



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

Results of the **123** families participating in EFNEP:

- 100%** showed improvement in their diet.
- 95%** of EFNEP participants showed improvement in their nutrition practices.
- 91%** of EFNEP participants showed improvement in their resource management practices.
- 83%** of EFNEP participants showed improvement in their food safety practices.
- 34%** increased their amount of physical activity.

Adult Program Success

The Expanded Food Nutrition and Education Program (EFNEP) was able to help a Halifax County homemaker whose physician said she had high cholesterol. The homemaker wanted to change her eating habits to improve her health and to reduce the amount of money spent on medication. The physician said if she could improve her eating habits and move more by walking she may not have to take medication.

Through participating in the EFNEP series, the participant was able to make the changes necessary for her health. She started reading labels to determine which foods were healthier.

Two months later, at her next doctor's visit, her cholesterol was lower and she had lost 9 pounds. Now, she is walking 3 to 4 times a week and planning meals using MyPyramid as her guide. Simple changes such as these can make a great difference in a person's health and their family's budget.

