



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

Results of the 97 families participating in EFNEP:

- 98%** showed improvement in their diet.
- 98%** of EFNEP participants showed improvement in their resource management practices.
- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 78%** of EFNEP participants showed improvement in their food safety practices.
- 50%** increased their amount of physical activity.

Adult Program Success

According to health statistics, heart disease and obesity are major concerns among Harnett County residents. The EFNEP Program Assistant at the Harnett County Center of North Carolina Cooperative Extension collaborated with “Parents As Teachers” to provide a series of lessons including meal planning, preparing healthy snacks, understanding food labels and the importance of physical activity. One participant reported that prior to attending the sessions, she knew very little about what she needed to do to be healthier.

As a result of participating in the program, she is reading food labels, eating more fruits and vegetables and serving her family healthier foods. She has also incorporated physical activity into her daily routine and has maintained a healthy weight.

