



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

Results of the 78 families participating in EFNEP:

- 95%** of EFNEP participants showed improvement in their nutrition practices.
- 93%** of EFNEP participants showed improvement in their resource management practices.
- 91%** showed improvement in their diet.
- 81%** of EFNEP participants showed improvement in their food safety practices.
- 51%** increased their amount of physical activity.

Adult Program Success

A pregnant sixteen-year-old who was mainly consuming noodles, chocolate drinks and five 20-oz sodas a day was referred to EFNEP by the Macon County WIC nutritionist.

To stress the importance of how eating a balanced diet could aid tremendously in a healthy pregnancy, as well as the development of a healthy baby, the EFNEP Program Assistant explained the value of eating foods from all MyPyramid food groups; dairy, fruits and vegetables in particular. The Program Assistant emphasized that dairy products provide calcium and vitamin D, and fruits and vegetables provide other essential vitamins and fiber. She also shared easy to prepare recipes and demonstrated how to make a fruit smoothie.



Impressed by the information EFNEP shared, the young mother asked WIC if her food package could be changed to include more dairy products. She has also started selecting and preparing healthy recipes, and drinking fruit smoothies instead of chocolate drinks and soda.

