



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

Results of the **144** families participating in EFNEP:

- 99%** showed improvement in their diet.
- 94%** of EFNEP participants showed improvement in their nutrition practices.
- 88%** of EFNEP participants showed improvement in their resource management practices.
- 76%** of EFNEP participants showed improvement in their food safety practices.
- 56%** increased their amount of physical activity.

Adult Program Success

A former participant referred Mary B. to the Expanded Food and Nutrition Education Program (EFNEP). Her diabetes was out of control and as a result she was on disability leave from work. Starting with the basics, we worked week by week through the lessons to help her learn how to plan meals using the five food groups and to cook using low-fat methods.

At the end of one month, she had lost enough weight from the changes and by walking each day that she got into a size 14 dress that she hadn't worn in a long time. At the end of our series of EFNEP lessons, she had lost 25 pounds, dropped 2 dress sizes and had a better handle on her diabetes.



She said "EFNEP has helped me in so many ways. I am eating better, feel healthier and know how to prepare good, low-fat meals for my family and me. My family is walking together every night after dinner and that has helped us too!"

