



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

### Results of the 69 families participating in EFNEP:

- 95%** showed improvement in their diet.
- 89%** of EFNEP participants showed improvement in their nutrition practices.
- 83%** of EFNEP participants showed improvement in their resource management practices.
- 67%** of EFNEP participants showed improvement in their food safety practices.
- 32%** increased their amount of physical activity.

### Adult Program Success

Working with participants with special needs can be challenging. They often lack skills in basic nutrition, food preparation, and feeding children. The Expanded Food and Nutrition Education Program (EFNEP) received a referral from the Albemarle Regional Health Services and the Department of Mental Health Services to work with a special needs mother of a newborn baby.

Using EFNEP's Families Eating Smart and Moving More curriculum, a series of classes were conducted that focused on infant feeding skills, food preparation techniques, food safety, fruits/vegetables and basic nutrition.

At first, she was withdrawn and not interested in participating. After attending the first class, she began enjoying the classes and looked forward to learning how to prepare her own food for herself and her child. She shared with her caseworker that she enjoyed attending the classes and looked forward to learning how to cook and how much food she should be giving her child.



Since attending the EFNEP classes her family and caseworker have noticed an increase in her self-esteem, attentiveness and eagerness to attend and participate in more learning opportunities.

