



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

### Results of the **57** families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 98%** of EFNEP participants showed improvement in their nutrition practices.
- 88%** of EFNEP participants showed improvement in their food safety practices.
- 45%** increased their amount of physical activity.

### Adult Program Success

Diabetes is a serious chronic disease that is on the rise as a result of the obesity epidemic our nation faces. More adults and children are diagnosed with diabetes than ever before. The Expanded Food and Nutrition Education Program in North Carolina's Rowan County conducted a series of nutrition classes with the Health Department. A mother and son with health issues related to weight were referred to attend EFNEP classes.

As a result of attending these classes and learning about exercise and correct portion sizes, the son has lost weight and both he and his mother exercise regularly. The mother realizes that eating the right portion sizes, along with exercise, are making their health issues easier to manage.

