



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

### Results of the 836 families participating in EFNEP:

- 97%** showed improvement in their diet.
- 93%** of EFNEP participants showed improvement in their resource management practices
- 92%** of EFNEP participants showed improvement in their nutrition practices
- 83%** of EFNEP participants showed improvement in their food safety practices
- 36%** increased their amount of physical activity.

### Adult Program Success

According to new research in the January issue of “Pediatrics”, kids who watch TV at mealtime eat far fewer fruits and vegetables than children who sit down to a quiet dinner. The findings also showed that in the households with high television viewing habits, children consumed more red meat, salty snacks and twice the caffeine, which can lead to children being overweight.

An Expanded Food and Nutrition Education Program (EFNEP) Assistant taught a lesson on how to “Limit TV” at the Wake County Health Department a few months ago. One of the WIC participants returned for another class and during class she said, “I am so glad I came to the class about not watching so much TV. I was having a hard time getting my baby to eat her fruits and vegetables and after I saw the class we no longer eat with the TV on. My baby is eating better and we are playing together a lot more. When my family comes over for dinner the TV is off and everyone likes the idea of having a conversation. We had no idea how much the TV was taking over our lives.”

This lesson was an effective way of helping participants become families again and eating better by limiting TV.

