



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

Results of the 29 families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 75%** of EFNEP participants showed improvement in their food safety practices.
- 29%** increased their amount of physical activity.

Adult Program Success

Obesity rates continue to climb in 31 states. People who are overweight are at an increased risk for diabetes, heart problems and other chronic diseases. NC has the 17th highest obesity rate, at 25.6 percent.

The Expanded Food and Nutrition Education Program (EFNEP) with NC Cooperative Extension in Washington County conducted a series of classes in local churches to address the increasing obesity problem in their communities. Families were taught how to make smart food choices that reduce the risk of chronic disease and obesity, choosing more fruits/vegetables, whole grain foods, controlling portion sizes, reducing consumption of soft drinks and increasing physical activity.

As a result, one participant has lost 60 pounds since participating in EFNEP and has gone from a size 22 to a size 18. Also her husband was a 62-inch waist and now he is down to a 47-inch waist. She contributes their success at reducing their weight to the EFNEP program.

