



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

Results of the 3 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.
- 67%** of EFNEP participants showed improvement in their food safety practices.
- 33%** increased their amount of physical activity.

Adult Program Success

The Rural Assistance Center claims that rural residents are now experiencing higher rates of overweight and obesity than urban residents because they tend to eat diets higher in fat and calories, exercise less and watch more TV. Adding to the situation are higher poverty levels and fewer services that facilitate physical activity and healthy eating.

To help address the situation, Cooperative Extension provides the Expanded Food and Nutrition Education Program (EFNEP) for the limited income citizens in rural Watauga County. EFNEP teaches families how to plan and prepare healthy meals, and the importance of including physical activity into their daily routine. After attending an EFNEP series, one homemaker wrote that she had begun cooking healthy meals including fruits and vegetables for her children. She eliminated fast food from their diets and limited TV watching by encouraging them to play outside.

By practicing these and other EFNEP recommendations for improved eating and physical fitness behaviors, this family should reduce their risk of being overweight or obese.

