



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

Results of the **178** families participating in EFNEP:

- 96%** showed improvement in their diet.
- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 95%** of EFNEP participants showed improvement in their resource management practices.
- 90%** of EFNEP participants showed improvement in their food safety practices.
- 45%** increased their amount of physical activity.

Adult Program Success

Food Safety is a great concern with Expanded Food and Nutrition Education Program (EFNEP) participants—especially with prenatal clients. In a recent Wayne County prenatal class many of the young pregnant participants were not aware of the added dangers of food borne illness during pregnancy.

During the Food Safety class, an EFNEP lesson, their homework assignment was to read Food Safety handouts and use the Food Safety Checklist to determine any potential hazards in their own kitchen.

Following the class, several participants have commented on changes they have made. The change most often mentioned is heating cold cuts before they make a sandwich due to the potential of Listeriosis from pre-packaged cold foods. Another change was washing their hands properly and more often. The hands-on black light activity on how germs spread really impressed them. These changes in behavior will help to ensure a healthier mom and baby.

