



Helping North Carolina Youth Eat Smart and Move More: 2007 Program Successes for Scotland County

Results of the 977 youth participating in EFNEP:

- 77%** of 850 youth now eat a variety of foods.
- 76%** of 850 youth increased their ability to select low-cost, nutritious foods.
- 76%** of 466 youth improved practices in food preparation and safety.
- 72%** of 850 youth increased their knowledge of the essentials of human nutrition.

4-H EFNEP Success

According to statistics from the North Carolina Eat Smart Move More Campaign, Scotland County spent \$225,000 in 2005 on Medicaid costs due to children being overweight or obese. Based on this need, 4-H EFNEP of NC Cooperative Extension in Scotland County collaborated with East Laurinburg Alternative School to offer lessons on the importance of healthy snacks and physical activity. Approximately, 60 youth received lessons on selecting healthier food choices and the importance of physical activity. Post test results show 95% of youth improved their diets through healthier food choices and increased their daily physical activities.

