



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

Results of the 975 youth participating in EFNEP:

- 86%** of 975 youth now eat a variety of foods.
- 84%** of 975 youth increased their knowledge of the essentials of human nutrition.
- 84%** of 975 youth increased their ability to select low-cost, nutritious foods.
- 84%** of 969 youth improved practices in food preparation and safety.

4-H EFNEP Success

The YWCA works with the Save Our Students (SOS) program at two local Middle Schools on several different components, one being nutrition and physical fitness. The 4-H EFNEP Nutrition Program Assistant was asked to talk to the group of 51 girls in the program about healthy eating and increasing physical fitness.

Before starting the class a pre-test was administered which indicated that only 21% of the students were currently eating breakfast. During the series of classes, we discussed the food pyramid and especially starting the day off with a healthy breakfast. Emphasis was placed on including several different groups of the food guide pyramid and that breakfast is the most important meal of the day. We also discussed ways to make a healthy breakfast when you have very little time.



Given the same series of questions after the sessions on healthy eating, the girls improved, starting the day with breakfast, by 68%. They also reported that after making this change they were feeling better and not as sleepy in school. Eating a good healthy breakfast has shown to help students with their concentration, not to mention, they were not feeling as hungry before lunch.

