



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

Results of the **37** 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.
- 82%** of EFNEP participants showed improvement in their food safety practices.
- 38%** increased their amount of physical activity.

Adult Program Success

Intergenerational teaching can have a positive impact on a family's overall health. In Yancey County, the EFNEP program assistant teaches nutrition to both adults and children. In doing so, she has found her efforts are multiplied when families come together in the home. They share what they have learned from EFNEP and encourage each other to practice the recommended eating behaviors taught by the program.

Recently, a mother and her nine-year-old daughter had completed their respective EFNEP lessons. The mother told the program assistant that as a result of what they learned, her daughter was now actively involved in the family's meal planning and grocery shopping. Additionally, the two had agreed to eat less fast food, more fruits and vegetables, and follow other MyPyramid guidelines. The mother also stated that since practicing healthier eating habits she had lost 13 pounds and both she and her daughter felt healthier overall.

