



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

Results of the **792** youth participating in EFNEP:

85% of 346 youth increased their knowledge of the essentials of human nutrition.

79% of 346 youth increased their ability to select low-cost, nutritious foods

71% of 346 youth now eat a variety of foods.

36% of 346 youth improved practices in food preparation and safety.



4-H EFNEP Success

Among North Carolina high school students, 14% are overweight and 16% are at risk of becoming overweight. Because sugar-sweetened drinks and fast foods are two contributors to youth being overweight, the 4-H EFNEP program assistant in Yancey County taught local high school students how to rethink their drinks and make healthier food choices when eating at fast food restaurants.

Included in the learning experience was a demonstration using ten or more teaspoons of sugar to depict the amount of sugar found in each serving of soft drink and another using food models to show correct portion sizes. To help the students better understand how frequently consuming sweetened soft drinks and fast foods can lead to weight gain, the program assistant shared that a typical fast food hamburger combo contains as many as 1610 calories and 63 fat grams.

Upon completion of the program, 69% of the students claimed that they would make wiser food choices when eating at fast food restaurants in the future.

