# 2019 AT A GLANCE

<table>
<thead>
<tr>
<th>People Reached</th>
<th>Community-Based Presentations &amp; PSE Technical Assistance Encounters, Including 21% in Spanish or Bilingual</th>
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</thead>
<tbody>
<tr>
<td>5,241</td>
<td>985</td>
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| Participants Trained at Professional Development Presentations, Including Teachers, Childcare Providers, WIC Nutritionists, Community Health Workers, Home Visitors, School Food Service, Summer Meals Program Professionals, and Food Pantry Volunteers | 1,033 |

<table>
<thead>
<tr>
<th>Partner Organizations</th>
<th>Impressions on Social Media</th>
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<tbody>
<tr>
<td>91</td>
<td>65.1K</td>
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<table>
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<tr>
<th>People Reached Indirectly</th>
<th>Views on Website</th>
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<tbody>
<tr>
<td>6,810</td>
<td>14.0K</td>
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The Landscape

65% of Rhode Island adults are overweight or obese

1 in 8
Rhode Island adults face food insecurity

14% & 10%
of Rhode Island adults consumed the recommended amount of fruits & vegetables, respectively

35%
of Rhode Island youth ages 2 to 17 are overweight or obese

1 in 6
Rhode Island children struggle with hunger

38%
of youth's daily diet consists of sweet snacks, salty snacks and sugar-sweetened beverages

The Rhode Island Solution

Help low-income Rhode Islanders learn how to plan, buy, and prepare healthy meals on a budget.

Teach Rhode Island parents positive feeding and physical activity practices to improve the whole family's health and well-being.

Engage Rhode Island youth in activities that encourage healthy eating habits through introducing new fruits and vegetables and raising awareness of energy-dense snacks and sugar-sweetened beverages.

Empower community partners and stakeholders to create changes in policies, systems, and environments (PSE) to make the healthy choice, the easy choice.

Our Partnerships

- K-12 Schools
- Early Care & Education
- Job Training Sites
- Public housing
- Congregate Meal/Senior Sites
- Community Centers
- Food Pantries & Emergency Meal Sites
- Faith-Based Centers
- Libraries
- Farmers' Markets
- Health Care Clinics
- Food Stores
- Afterschool Programs
- SNAP Offices
- Summer Meal Sites
- Tribal Organizations

Our Partnerships

4. Childhood Overweight and Obesity: New Data for Rhode Island. Rhode Island KIDS COUNT. March 2019
6. NHANES 2007-2010 data (Bleich 2015)
### Our Impacts*

**ADULTS**
- **41%** Improved how many vegetables they eat
- **42%** Increased how often they plan their dinner meals for the week

**PARENTS/CAREGIVERS**
- **29%** Increased how often their child decides how much food to eat
- **25%** Increased how often their family eats together
- **38%** Decreased high-fat or high-sugar snacks available at home for their child to eat
- **17%** Decreased how often their child eats take out, delivery, or fast food

**YOUTH**
- **32%** Ate more fruit
- **36%** Ate more vegetables
- **26%** Ate a greater variety of vegetables
- **31%** Ate less salty foods as snacks
- **38%** Drank less sugar-sweetened beverages

*based on participants who completed both pre and post surveys.*

"I tried making a list before I went shopping. I actually had money left over!"

"I changed the way to make my child eat, letting him choose between healthy options and not choosing for him. It works!"

"Now my mom puts fruits and veggies where I can reach them because I asked her. She is also starting to buy more fruits and veggies."

*[Image: A group of children eating healthy snacks.]*
Policy, System, and Environmental (PSE) Impacts

PSE impacts refer to changes that help make the healthy choice, the easier choice in a target setting. PSE strategies are focused in settings where people live, work, learn, eat, and play.

**Establishment of Yearly Training:**
570 physical education/health educators, school food service staff, and summer meals front line staff exposed

**Implementation of URI SNAP-Ed Fresh Fruit and Vegetable Curriculum:**
36,265 elementary students exposed

**Environmental Placement of Materials:**
10 community partners serving SNAP-Ed eligible youth, adults and seniors received grab-and-go materials for their patrons to encourage healthy habits.

**Environmental Nudges:**
31 nudges including acrylic displays with handouts, recipes, and contact postcards, bulletin board kits for waiting areas, tear-off recipes to place near key produce, and pantry shelf signs

**Technical Assistance & Training:**
7 childcare centers created or strengthened their wellness policies

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**Featured PSE Approach: Student’s Take Charge! Program**

URI’s Student’s Take Charge! (STC) is an elementary school-based PSE program focusing on empowering students to make fruit- and vegetable-based changes at school and at home.

**Policy: Influencing Change**
STC students attend a wellness committee meeting to share what they learned, outcomes of recipe tasting day, and their future hopes to help influence policy change in their district.

**System: Changing Menu Options**
STC students submit fruit- and vegetable-based recipes. The top recipe is tasted school-wide and students vote on whether to add it to the school lunch menu.

**Environmental: Persuading Peers**
Posters with persuasive fruit, vegetable, and other healthy messages are created by STC students and displayed throughout the school to encourage everyone to eat healthy.

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