

SNAP-Ed 2019 IMPACTS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM-EDUCATION



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2019 AT A GLANCE

5,241

people reached through nutrition education classes

985

community-based **presentations** & PSE **technical assistance** encounters, including 21% in Spanish or bilingual

1,033

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

91

partner organizations

65.1K

impressions on social media



6,810

people reached indirectly

14.0K

views on website uri.edu/snaped

The Landscape

65%

of Rhode Island adults are overweight or obese¹

1 in 8

Rhode Island adults face food insecurity²

14% & 10%

of Rhode Island adults consumed the recommended amount of fruits & vegetables, respectively³

35%

of Rhode Island youth ages 2 to 17 are overweight or obese⁴

1 in 6

Rhode Island children struggle with hunger⁵

38%

of youth's daily diet consists of sweet snacks, salty snacks and sugar-sweetened beverages⁶



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.

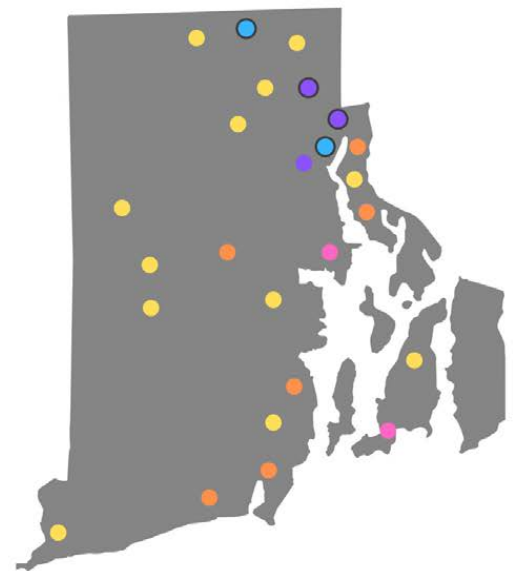
Engage Rhode Island youth in activities that encourage healthy eating habits through introducing new fruits and vegetables and raising awareness of energy-dense snacks and sugar-sweetened beverages.

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

- Core Cities
- 101+ Programs
- 61-100 Programs
- 31-60 Programs
- 10-30 Programs
- Under 10 Programs



1. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online]. [accessed Mar 29, 2020]. URL: <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>
2. <https://rifoodbank.org/what-we-do/hunger-facts-resources/>
3. Lee-Kwan SH, Moore LV, Blanck HM, Harris DM, Galuska D. Disparities in State-Specific Adult Fruit and Vegetable Consumption — United States, 2015. MMWR Morb Mortal Wkly Rep 2017;66:1241–1247. DOI: <http://dx.doi.org/10.15585/mmwr.mm6645a1>
4. Childhood Overweight and Obesity: New Data for Rhode Island. Rhode Island KIDS COUNT. March 2019
5. <https://map.feedingamerica.org/county/2017/child/rhode-island>
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

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



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

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



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

"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."



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

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.



Community Centers
Resource Centers



Schools



Retail, Meal Sites
Food Pantries



Early Childcare

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

13 community partners

Technical Assistance & Training:

7 childcare centers created or strengthened their wellness policies

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.

