

SNAP-Ed 2020 IMPACTS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM-EDUCATION



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🌐 <https://web.uri.edu/snaped>



2020 AT A GLANCE

2,622

people reached through nutrition education classes

938

community-based **presentations** & policy, system and environmental (PSE) **technical assistance** encounters, including 21% in Spanish or bilingual

718

participants trained at professional development presentations, including teachers, childcare providers, WIC nutritionists, community health workers, home visitors, school food service providers, summer meals program professionals, and food pantry volunteers

83

partner organizations engaged

165.3K

impressions on social media



2,712

people reached indirectly

115.5K

views on website

The Landscape

64%

of Rhode Island adults are overweight or obese ¹

12% & 9%

of Rhode Island adults consumed the recommended amount of fruits & vegetables, respectively ²

30%

of Rhode Island youth ages 2 to 17 are overweight or obese ³

38%

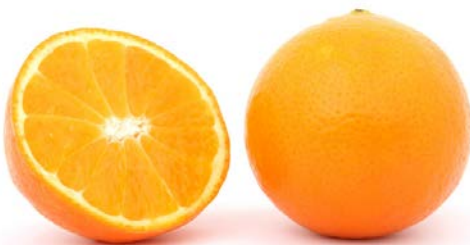
of youth's daily diet consists of sweet snacks, salty snacks and sugar-sweetened beverages⁴

COVID Impact

Percentage of Rhode Island adults who face food insecurity⁵

Pre-COVID **9.1%**

Post-COVID **25.2%**



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/caregivers 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.

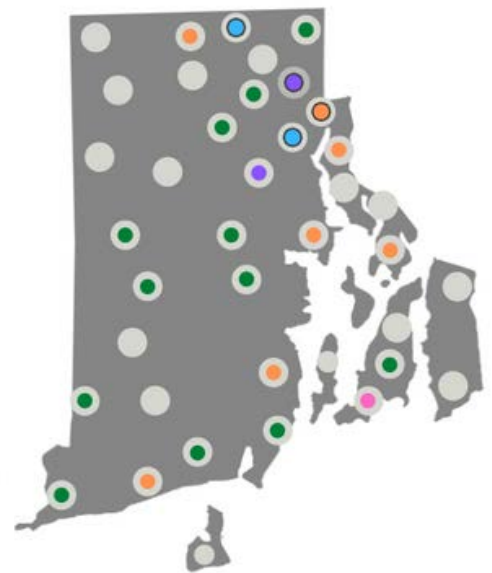
Empower community partners and stakeholders to create changes in policies, systems, and environments (PSE) to make the healthy choice, the easy choice.

Celebrate the diversity of Rhode Island communities by ensuring our nutrition lessons and recipes are inclusive of all cultures and experiences.

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
- Cities and towns reached through regional and statewide SNAP-Ed efforts



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 Feb. 17, 2021]. URL: <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>

2. 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>

3. <http://www.rikidscount.org/Portals/0/Uploads/Documents/Special%20Publications/5.20%20-%20Obesity.pdf?ver=2020-05-18-224533-417>

4. NHANES 2007-2010 data (Bleich 2015)

5. <https://2cyg1u24pr903unzk92wub21-wpengine.netdna-ssl.com/wp-content/uploads/2020/11/2020-RICFB-StatusReport-FINAL-web.pdf>

Our Impacts*

Positive behavior changes participants made by the end of series programming

ADULTS

35%



Increased how often they choose whole grain foods instead of refined grain foods

34%




Increased how often they plan their dinner meals for the week

"I have started reading the labels on the back more often and trying to shop smarter for groceries."




PARENTS/CAREGIVERS

23%




Increased how often their child decides how much food to eat

19%




Increased how often their family eats together

38%



Decreased high-fat or high-sugar snacks available at home for their child to eat

16%




Decreased how often their child eats take out, delivery, or fast food

"We go outside to play instead of watching TV. We completely eliminated juices and sodas. We reduced portions for everyone in the house."


YOUTH

51%




Ate more FV**

44%




Ate a greater variety of FV

34%




Improved their attitude toward eating FV

46%




Improved their confidence to eat FV

40%



Drank less sugar-sweetened beverages

"[We] have the power to change unhealthy meals [we] eat at home to healthy meals."



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

**FV = fruits and/or vegetables

Policy, System, and Environmental (PSE) Impacts

In addition to direct education, SNAP-Ed educators also collaborated with community partners to facilitate policy shifts, systems changes, and environmental improvements to help make the healthy choice, the easier choice. PSE strategies are focused in settings where people live, work, learn, eat, and play.

Schools



- Yearly trainings for physical education/health educators, school food service staff, and summer meals front line staff
- Nutrition lesson plans, kits, games, and activities provided to classroom educators
- Involvement with school wellness committees and state coalitions



Community Centers/Resource Centers

- Nutrition and food resource management handouts, and recipes provided in on-site displays as well as electronically
- Involvement with state and local advisories, task forces, and Health Equity Zones (HEZ)
- Professional development trainings for community partner staff



Retail, Meal Sites, & Food Pantries



- Nudges including nutrition handouts, food access resources, and recipes in on-site displays and provided in emergency food boxes
- Bulletin board kits for waiting areas
- Tear-off recipes to place near key produce, and pantry shelf signs
- Consultation on menu improvements and nutrition wellness policies



Early Childcare

- Professional development training for Department of Health staff and daycare providers
- Wellness policy creation and assistance
- Nutrition-related books, curriculums, cookbooks, and posters
- Involvement with childcare advisories



PSE Spotlight: McAuley House

The McAuley House in Providence, RI is a meal site and house of hospitality for the hungry or homeless. We collaborated with the McAuley House to deliver nutrition education classes and provide assistance with policy, system, and environmental menu changes. During the nutrition classes, patrons had the opportunity to sample a low-cost, healthy SNAP-Ed recipe and provide feedback on whether it should be added to the meal site's menu. SNAP-Ed provided consultation to scale up the recipes and add them to the cycle menu.

Results of Patron Feedback on SNAP-Ed Recipes

Skillet Lasagna



100% said serve again

Black Bean Chili



78% said serve again

Black Bean Burger



90% said serve again