OHIO STATE UNIVERSITY EXTENSION

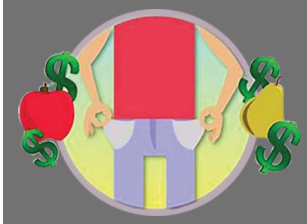
SNAP-ED WORKS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

celebrateyourplate.org

THE CHALLENGE

20 percent of Ohio's **CHILDREN** live in poverty



16 percent of **ADULTS** & **22** percent of **CHILDREN** in Ohio are food-insecure

20 percent of **ADULTS** & **27** percent of **TEENS** meet recommended physical activity guidelines

OHIO SNAP-ED HAS BEEN...

THE OHIO SNAP • ED REACH

INTRODUCING school kids to new fruits and vegetables through workshops, classes, and school gardens

TEACHING families eligible for SNAP how to buy and prepare healthy foods

HELPING low-income families stretch tight budgets and buy healthy options

IN FFY 2019, OHIO SNAP-ED DIRECTLY REACHED...

461,563 adults, teens and youth with our nutrition and physical activity programs.

THE RESULTS

OHIO SNAP-ED PARTICIPANTS ARE...

DRINKING WATER

83% of adults, **87%** of teens and **88%** of youth choose water over soda

PREPARING MEALS AT HOME

84% of adults and **75%** of teens prepare meals at home

EATING VEGGIES

92% of adults, **85%** of teens and **71%** of youth are eating vegetables daily

COOKING ON A BUDGET

92% of adults are confident they can cook healthy meals on a budget

EATING FRUIT

89% of adults, **89%** of teens and **84%** of youth eat fruit every day

BEING ACTIVE

87% of adults, **88%** of teens and **91%** of youth are regularly active

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP

THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

OHIO SNAP-ED WORKS

KNOX COUNTY HIGHLIGHTS

SUMMARY

THE OHIO SNAP-ED IMPACT

As a result of SNAP-Ed programming in our county, participants are:

- Using MyPlate to make healthy food choices
  - **73** % of adults and/or teens
  - **72** % of youth participants
- Drinking water instead of sugar-sweetened drinks
  - **84** % of adults and/or teens
  - **84** % of youth participants
- Being physically active at least 30 minutes most days of the week
  - **89** % of adults and/or teens
  - **87** % of youth participants
- Using Nutrition Facts labels to guide food choices
  - **83** % of adults and/or teens
- Planning meals ahead of time
  - **80** % of adults and/or teens

HERE'S WHAT PARTICIPANTS ARE SAYING ABOUT SNAP-ED

> ***My daughter loves when Mr. Tanner comes to her class! Whenever we go to eat treats she makes sure to let us know that those are sometimes foods and has been more willing to try new healthy foods!***

SNAP-ED OUTREACH IN FY2019

- **7,575** participants were reached through direct nutrition education programs
  - **15** % Adult participants
  - **0** % Teen participants
  - **85** % Youth participants
- **567** direct nutrition education programs were delivered, **97** % as program series
- **72,358** additional participants were reached through indirect programs such as community events, newsletters and health fairs

HEALTHIER LIVES THROUGH NUTRITION EDUCATION

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