



# Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

# 2017 ANNUAL REPORT TENNESSEE

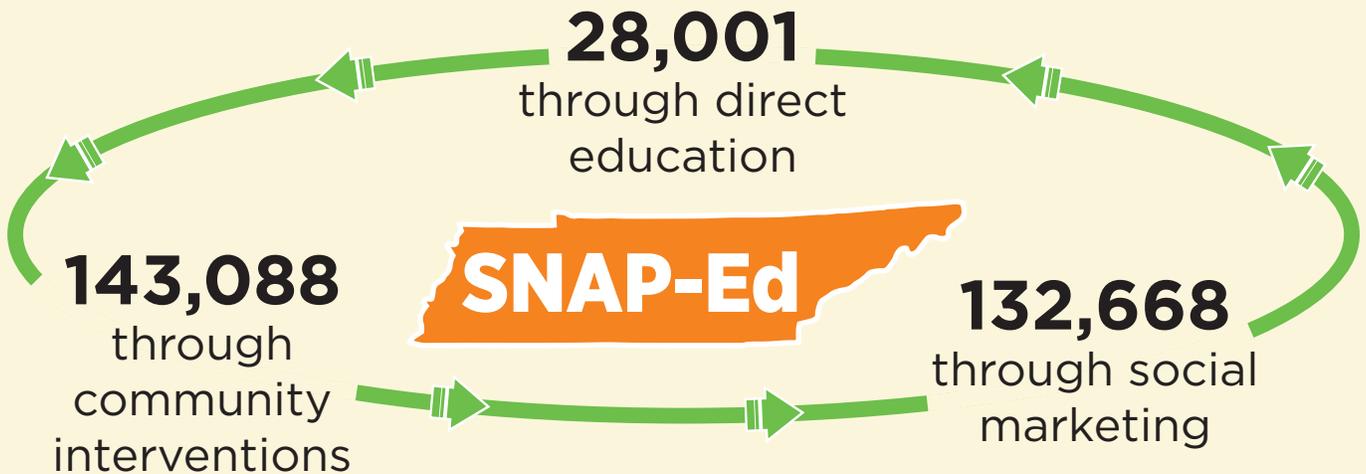


# TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM

FFY 2017 Annual Report

UT Extension contracts with the Tennessee Department of Human Services (TDHS) to provide a statewide SNAP nutrition education program — Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP). The goal of this coalition driven program is to help low-income individuals and families reduce health risks associated with poor nutrition by gaining knowledge and skills needed to effectively use SNAP benefits and related resources.

## OUR REACH



## OUR PARTNERS



**1,085**

community partners were actively involved in

**85**

TNCEP coalitions across the state

“I exercise at the senior center ... about 5 hours per week. I had thought I would cut back on that, but since this class I realized how very important that exercise is and will continue.”

- Participant in Hawkins County



## OUR IMPACTS



**30%** of participants increased fruit and vegetable consumption



**26%** of participants increased physical activity



**41%** of participants improved food resource management behaviors



**393** sites implemented policy, systems and environmental changes promoting health



**\$38+ Million**  
reduced long-term health care costs

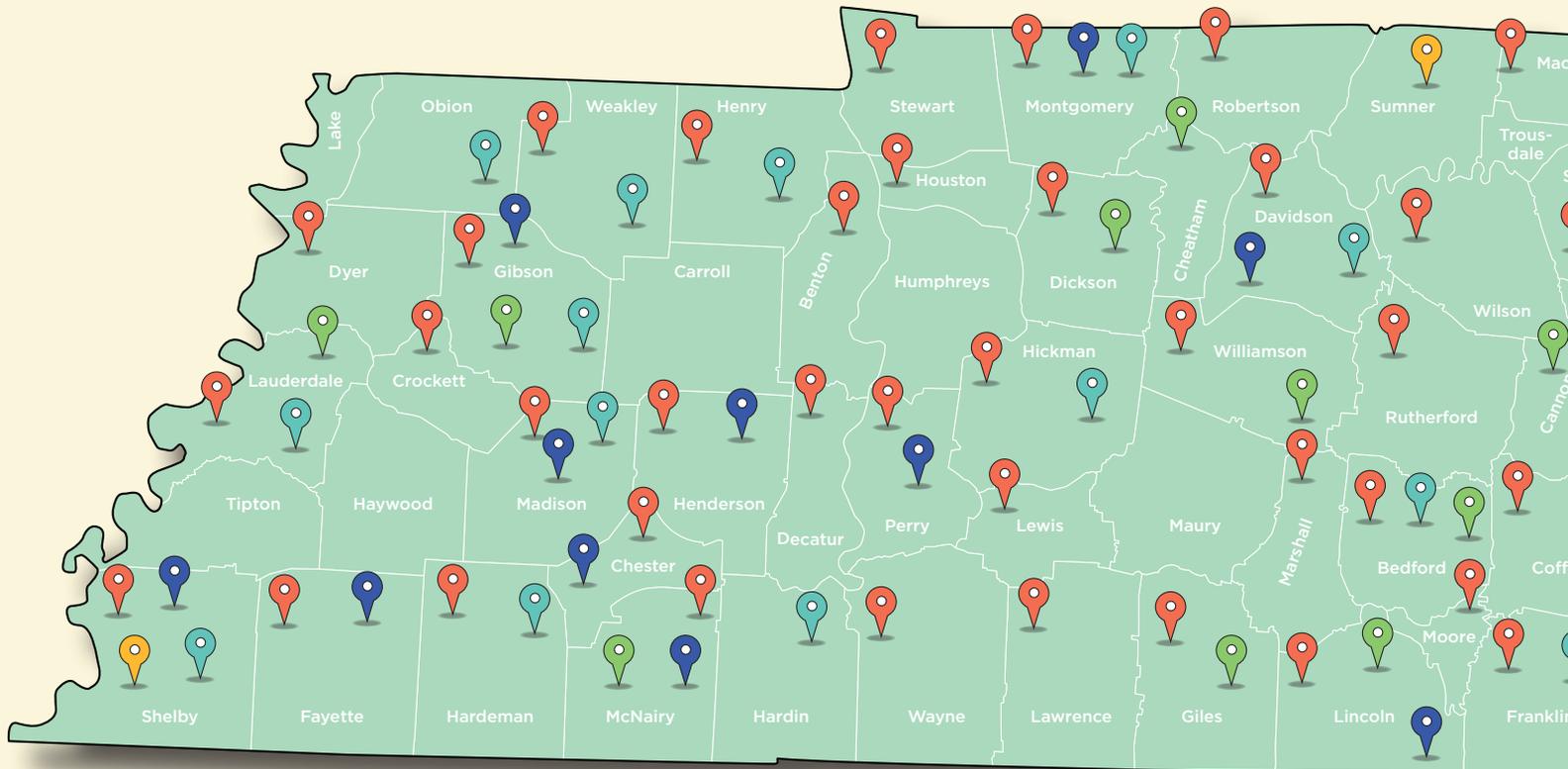
*For every \$1 spent in nutrition education, there is a potential long-term health care cost reduction of \$10.64.<sup>1</sup>*



**“The recipes I’ve learned are a major blessing for me. I can help my family eat healthier and the information books are great. Thank you so much for everything this class has taught me.”**

**- Participant from Warren County**

# IN ADDITION TO WORKING IN ALL 95 UT SNAP-ED: TNCEP IS EMPOWERING COM



## EASY CHOICES

Through a collection of ready-made resources, Easy Choices helps SNAP-Ed partners make the healthy choice the easy choice. Changes in policies, systems, and environments (PSEs) at sites frequented by low-income individuals increase healthy behaviors. Extension agents facilitate the change process while site partners implement and sustain the changes.

## FARMERS' MARKET FRESH

Farmers' Market Fresh promotes farmers' markets as a source of fresh fruits and vegetables. In 2017, this interactive social marketing campaign was implemented at 40 farmers' markets. 48,224 direct contacts were made through 221 food demonstrations. The campaign increased participants' purchasing and consumption of locally grown fruits and vegetables through farmers' markets.

## TASTY DAYS

Through fruit and vegetable tastings, marketing materials, and school engagement, this multi-level intervention involves posters, newsletters, and in-class activities help students learn fun and interesting facts about fruits and vegetables.

# COUNTIES WITH DIRECT EDUCATION, COMMUNITIES TO SUPPORT HEALTHY CHOICES



## Legend:

**EASY CHOICES**



**QUICK WINS**



**FARMERS' MARKET FRESH**



**TASTY DAYS**



**LEARN, GROW, EAT & GO!**



## LEARN, GROW, EAT & GO!

Through this 10-week curriculum, students learn more about gardening, healthy eating, and physical activity. This interdisciplinary program combines academic achievement, gardening, food experiences, physical activity, and school and family engagement to promote healthy eating and active living.

## QUICK WINS

Using educational materials and marketing posters, Quick Wins promotes health messages through a multi-phase marketing program. In 2017, marketing messages and educational materials were displayed at 60+ sites serving low-income families. From senior centers to schools and faith communities, the messages offered through Quick Wins are visible across Tennessee.

the entire school community, promoting the importance and tastiness of fruits and vegetables. Morning announcements,

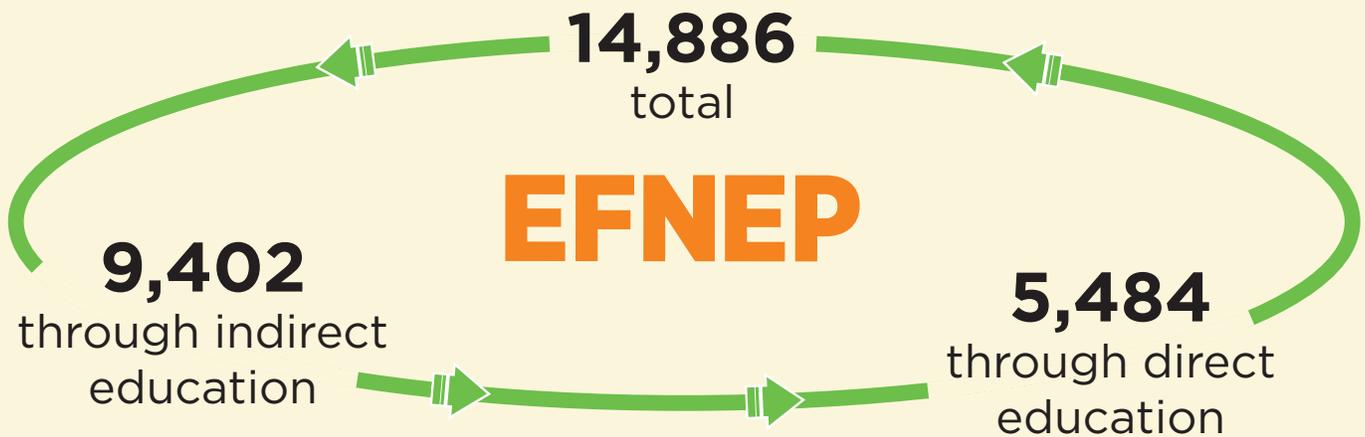


# EXPANDED FOOD & NUTRITION EDUCATION PROGRAM

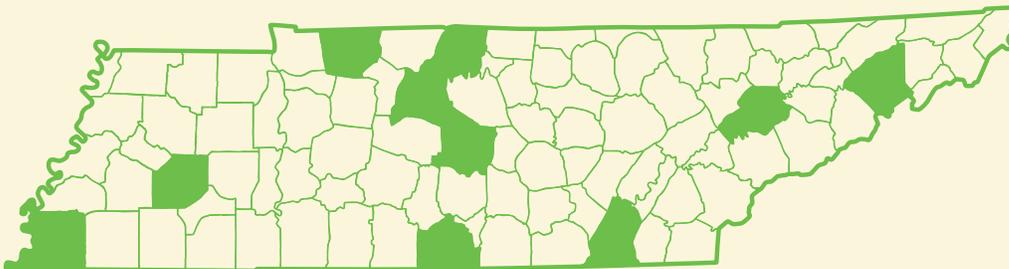
FFY 2017 Annual Report

The University of Tennessee Extension Expanded Food and Nutrition Education Program (UT EFNEP) is a peer-to-peer direct education program that reaches adults who are caregivers of young children and school-age youth at risk for food insecurity. Adults participate in a series of lessons and are awarded completion certificates when they attend a minimum number of classes. Paraprofessionals from the community are the primary educators of EFNEP participants. Community partners and volunteers assist with participant recruitment and direct education delivery. UT EFNEP is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA).

## OUR REACH



## OUR PRESENCE



Davidson  
Greene  
Hamilton  
Knox  
Lincoln

Madison  
Montgomery  
Rutherford  
Shelby  
Sumner

**“I read the nutrient facts on the labels of everything now. When I’m grocery shopping I compare prices to the ingredients and how much of the product I’m actually getting for my money.”**

*- Participant from Hamilton County*



## OUR IMPACTS



**86%** of participants improved healthy food choices



**36%** of participants increased fruit consumption



**41%** of participants increased vegetable consumption



**86%** of participants improved physical activity



**81%** of participants improved food resource management skills



**\$21+ Million**

reduced long-term health care costs<sup>1</sup>



**\$72,768**

savings reported by EFNEP participants

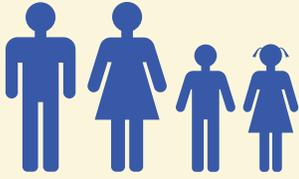
*Graduates of adult education classes report they are saving money on food budgets as a result of skills gained.*



**“This class is very beneficial because it’s taught me how to plan meals on a budget and how to incorporate a variety of fruit and vegetables for my kids.”**

*-Participant from Shelby County*

## WHY NUTRITION EDUCATION?



17%	families are affected by poverty <sup>2</sup>
33.8%	adults are obese <sup>3</sup>
45.2%	adults eat less than 1 serving per day of fruit <sup>4</sup>
22.6%	adults eat less than 1 serving per day of vegetables <sup>4</sup>

## WHY UT EXTENSION?

Deep Tennessee roots combined with strong community connections make UT Extension the ideal organization for delivering SNAP-Ed and EFNEP programming.

Drive down any road in Tennessee and you will see people impacted by the work of UT Extension. With a presence in all 95 counties, UT Extension is a vital part of Tennessee helping people across the state improve their quality of life. Extension agents and paraprofessionals are actively engaged in the communities they serve, leading local nutrition and health coalitions, organizing grassroots efforts to promote healthy communities, and facilitating long-term behavior and environmental changes promoting health.

From partnerships with local community leaders to long-standing relationships with government, education, and social-service professionals, UT Extension stands ready and able to help Tennessee achieve the goals of Healthy Families and Healthy Communities.

### REFERENCES

- <sup>1</sup> Rajgopal, R. et al, *Journal of Nutrition Education*. 2002; 34:26-27.
- <sup>2</sup> U.S. Census Bureau. 2017. Tennessee Quick Facts. <https://www.census.gov/quickfacts/fact/table/TN/PST045216>.
- <sup>3</sup> Centers for Disease Control and Prevention. 2016. Tennessee State Nutrition, Physical Activity, and Obesity Profile. <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/profiles/pdfs/tennessee-state-profile.pdf>.
- <sup>4</sup> Centers for Disease Control and Prevention. 2014. Behavioral Risk Factor Surveillance System. <https://www.cdc.gov/brfss/about/index.htm>.

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This institution is an equal opportunity provider.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.