

Maryland SNAP-Ed: Producing Healthy Changes in Local Communities

The Challenge:

Maryland is ranked as the 19th healthiest state, but:



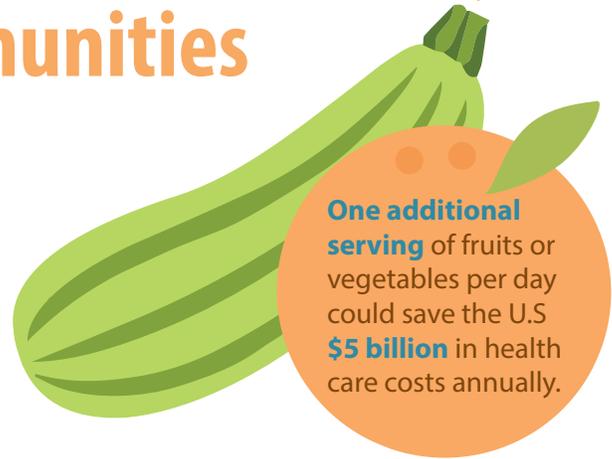
Almost **1** in **3** adults are obese.



1 in **6** children aged 10-17 are obese.



More than **2** out of **5** adolescents eat fruits and vegetables less than once per day.



One additional serving of fruits or vegetables per day could save the U.S. **\$5 billion** in health care costs annually.

The Solution:

Maryland SNAP-Ed (FSNE) works to improve the health and wellbeing of local families. Healthy eating and physical activity are encouraged through comprehensive programs that:

- Introduce children and adults to healthy options.
- Provide children and adults with the skills and knowledge to make healthy choices.
- Help local schools, early education centers, out of school time sites, farmers' markets, food assistance sites, and other partners make changes within their environments that support healthy choices and behaviors.

What FSNE offers:

- ✓ In-person lessons with children, adults, and families
- ✓ Newsletters, flyers, and recipes
- ✓ Education at food access sites, including farmers' markets, food banks, and grocery stores
- ✓ Text messaging and other social media efforts
- ✓ Cafeteria interventions
- ✓ Gardening programs
- ✓ Teacher- and staff-driven wellness policy changes



The Results:



34,616 children and adults were reached through in-person education in FY18.



460 community sites partnered with FSNE to promote healthy choices.



95% of sites that work with FSNE have made changes that facilitate healthy choices by participants.

After FSNE:

21%

more children eat at least three servings of fruit per day.

25%

more parents say that their children help them to prepare food at home.

80%

more teachers say that their students select fruits and vegetables for meals and snacks.

83%

more teachers use physical activity as a reward in the classroom.

21%

more teachers limit screen time in their classroom.

For more information on FSNE programs, contact 410-715-6903 or visit <http://extension.umd.edu/fsne>



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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.