Maryland SNAP-Ed: Promoting Lasting Changes in Health and Well-being

Maryland is ranked as the 16th healthiest state in the U.S. yet:

- It has the 26th highest adult obesity rate
- It has the 13th highest youth obesity rate
- Obesity-related chronic diseases cost Maryland residents more than $3 billion
- Annual healthcare costs would be 9.5% lower if obesity was not a factor

The Maryland SNAP-Ed Solution

Maryland’s SNAP-Ed program uses a comprehensive multilevel approach to change the food and physical activity behaviors of participants, and to facilitate sustained improvements in health among Maryland families. The comprehensive interventions aim to:

- Introduce youth and adults to healthy options, while also providing them with the skills and knowledge needed to make healthy choices about food and physical activity.
- Support partnering sites to make changes to their policies, practices, and physical environments so that healthy choices are accessible to Maryland families.

FSNE accomplishes this by delivering:

- Nutrition education lessons with youth and adults
- Educational newsletters and other print resources
- Family engagement events
- Grocery store tours
- Text messaging

Maryland SNAP-Ed Results

34,450 adults and youth were reached through face-to-face nutrition education lessons in FY17

1 out of 2 youth education sites incorporated physical activity into their daily schedule.

4 out of 5 Youth are confident that they can prepare healthy foods at home and select them when dining out.

4 out of 5 Teachers report that their students are willing to try new fruits and vegetables.

4 out of 5 Parents say that their children exceed daily physical activity recommendations.

4 out of 5 Teachers say that their school encourages healthy food choices through signs and posters.

3 out of 5 Youth education sites removed or reduced the number of sugary beverages offered on kids’ menus.

3 out of 4 Teachers use physical activity as a reward in the classroom.

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

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