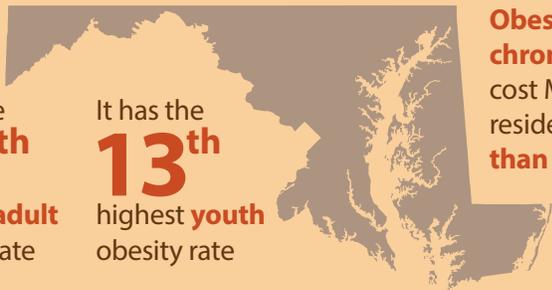


Maryland SNAP-Ed: Promoting Lasting Changes in Health and Well-being

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

Every \$1 spent on nutrition education saves as much as \$10 in long-term health care costs

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.

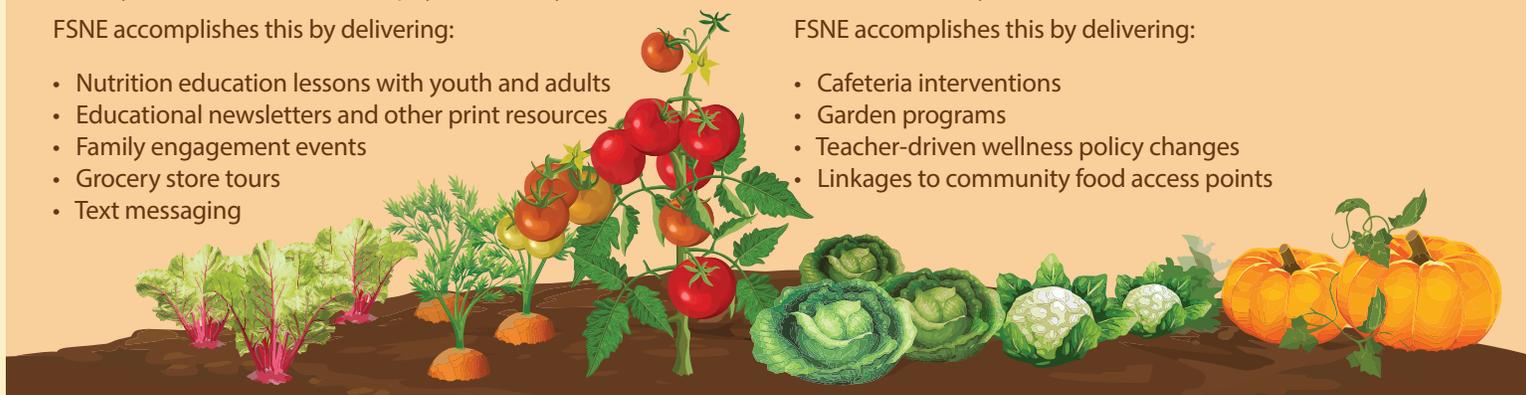
FSNE accomplishes this by delivering:

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

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:

- Cafeteria interventions
- Garden programs
- Teacher-driven wellness policy changes
- Linkages to community food access points



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>



This institution is an equal opportunity provider.

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.